

# A Treasury Of Sacred Herbs & Herbology:

## Table of Contents:

- Dedication: Page 1
- Disclaimer and Warning: Page 2
- Introduction: Page 2
- The History Of Herbs: Page 3 to 41
- The Spiritual Aspects Of Herbs: Page 41 to 50
- How To Grow And Cultivate Herbs: Page 50 to 71
- How To Harvest, Prepare And Use Herbs: Page 71 to 74
- Essential Oils - What Are They?: Page 74 to 82
- Aromatherapy: 82 to 84
- Herbal Cures: Page 85 to 97
- The De Materia Medica Of Herbs: Page 98 to 452
- Hazardous, Poisonous or Toxic Herbs: Page 453 to 448
- Herbal Medicine Glossary Of Terms: Page 458 to 463
- Herbal Reference Bibliography: Page 464

## Dedications:

I would like to thank Martin Watt who after downloading a copy of this E-Book was complimentary of it and then contributed the Chapter on Essential Oils as well as putting me onto the Cajuput, Vetiver and the Ylang Ylang Herbs.

I would also like to make Honourable Mention to Meisum "Silverywaters" Leung for putting me onto Square Foot Gardening when she gave me a Video Tape of Mel Bartholomew's Square Foot Gardening Tape for 2008 Winter Solstice. She also put me onto how to use Dried Rose Petals and onto the Honeysuckle.

Of course, I wrote this E-Book due to a request in 2010 by the Arch Druidess Emma Restall-Orr.

# Disclaimer And Warning:

Although the Author of this E-Book is knowledgeable in First Aid and has spent over 4 years studying Herbs and Herbology while working as a Landscape Gardener, I have not attained Full Certification as a Herbologist or Physician. All of the Information contained in this E-Book is based on the list of References posted at the end and does not come from actual indepth Experience.

**DO NOT** be tempted to try any of these Herbs without Proper Information, and without the knowledge of your GPs or a PROPERLY Qualified Practitioner or Certified Herbologist.

If you have an Illness of some sort, make sure to consult a Doctor First, then get advice from a Fully Registered Herbologist. Some Herbs are Poisonous and have Major Contraindications and some People have Major Allergic Reactions to them as well, so such things must be considered before taking Herbs for a Health Condition. And some Herbs, while taken in moderate amounts are safe, can become Hazardous if taken in to excess to, so one must be sure that no too much is taken, and even the most innocuous of Kitchen Herbs can be Highly Toxic if used Incorrectly.

Reading this E-Book might be good for many subjects - but they only qualify you to treat yourself - not others. You cannot learn how to accurately Diagnose without Hands On Training. However much you may learn about Herbs and Herbalism from this E-Book or other Internet Study Sources, it is still **EXTREMELY DANGEROUS** to start Offering Advice on the Internet. Herbs that are Perfectly Safe for One Person may Kill another Person. A lot depends on Metabolism, General Health, Existing Medication, and a dozen other things that cannot be assessed without Face to Face Contact with the Patient/Client concerned as some Herbs can actually make some existing Medical Conditions worse.

## Introduction:

This E-Book was made possible by Request of Emma "Bobcat" Restall Orr and Geoff "John Barleycorn" Boswell. It was during doing the Research to this Book that I discovered just how Diverse and Powerful Herbs are. When I first became a Druid, I made the mistake of having Reverence and Respect only for Eucalyptus, but have realized that was one of my Biggest Druidistic Mistakes. It is from Researching this Book that I found that I should start making my Druidistic Practices as Varied or Diverse as there are Herbs in the World.

In this E-Book, I hope all will find great Healing, Good Health, and Knowledge of Herbs and that all enjoy the Information that is listed.

# The History of Herbs:

Since the beginning in Ancient Times in India, China, Egypt, and Assyria long before records were kept as far back as 2700 BC, man was using wild Herbs for both Medicines and Food. Herbs were everywhere in everyone's Life. Over the years, we learnt what was safe to eat, and what caused poisoning, even death. It must've been a matter of Trial and Error. Most of the Herbs first used were native to the Middle East. In the struggle to Survive in those times, People always had turned to Plant to help for Food, Shelter, Clothing, Weapons, and Healing. Plants provided all of these things and sometimes more. It is no wonder then that Trees, Plants and Herbs had been invested with Spiritual Magical Powers by the Neolithic Peoples of those times and many Myths attributed to many Trees, Plants and Herbs in regards to our Intimate Relationships in our Lives. For instance, in China, it was generally Believed that Herbology was originally founded by a Demigod called Shennong.



The Shennong was known as the Emperor of the Five Grains and was a Ruler of China and Cultural Hero who lived some 5,000 years ago and who taught the Ancient Chinese the Practices of Agriculture. Appropriately, his name means "The Divine Farmer". He was probably based on someone who actually lived and is considered to be the Father of Chinese Agriculture and Herbology. Shennong taught his people how to Cultivate Grain as Food so as to avoid Killing Animals

It was in about 2000BCE in Babylon that the first documented account of Herbs appeared, describing Tried and Tested Medicinals, and even included some well known Herbs, such as Bay tree, Thyme, Caraway, and Coriander. Mandrake root was one of the first medicinals to be used, widely as a painkiller. Detailed instructions were given for their preparation and administration.

Surviving Egyptian Papyri dating back to around 1700 BC record that many common Herbs such as Garlic and Juniper being used Medicinally. The Ancient Egyptians imported many of their Herbs, Spices and Aromatics from distant India, learning and indeed assimilating many traditional methods. Anise, Caraway, Fenugreek, Opium and also Thyme and Saffron were amongst others, in great demand for food use, Medicines, Cosmetics and Perfumes. They were also used for Dyes and Disinfectants and in the highly skilled Art of Embalming. In the days of Ramesses III, Marijuana Hemp was used for Eye Problems just as it may be prescribed for Glaucoma today, while Poppy Extracts were used for quiet down crying Children. One of the most notable Egyptian Physicians was Imhotep (2655-2600 BC).



As one of the officials of the Pharaoh, Djoser, he designed the Pyramid of Djoser (the Step Pyramid) at Saqqara in Egypt in 2630 - 2611 BCE. He may have been responsible for the first known use of Columns in Architecture. As an Instigator of Egyptian Culture, Imhotep's idealized image lasted well into the Ptolemaic Period. The Ancient Egyptian Historian Manetho credited him with inventing the method of a Building Stone-Dressed Structures during Djoser's Reign, though he was not the first to actually Build with Stone. Imhotep was one of very few Mortals to be depicted as part of a Pharaoh's Statue, which ment that he could be Worshipped similarly as the Pharaoh was. He was one of only a few commoners ever to be accorded Divine Status after Death. The center of his Cult was in Memphis. The



location of Imhotep's Self-Constructed Tomb was so well Hidden from the beginning and its location still remains unknown, despite efforts to find it. The consensus is that it is hidden somewhere at around Saqqara.

As Imhotep was considered the founder of Ancient Egyptian Medicine as a Discipline, he was sometimes said to be the one who held up the Sky Goddess Nut as the separation of Nut and the Earth God Geb was said to be what held back Chaos. Due to the position this would have placed him in, he was also sometimes said to be Nut's Son. In Artwork he is also linked with the Great Goddess Hathor, who eventually became identified as the wife of Ra. Imhotep was also associated with Ma'at, the Goddess who personified the concept of Truth, Cosmic Order, and Justice who created order out of Chaos and being responsible for maintaining that Order.

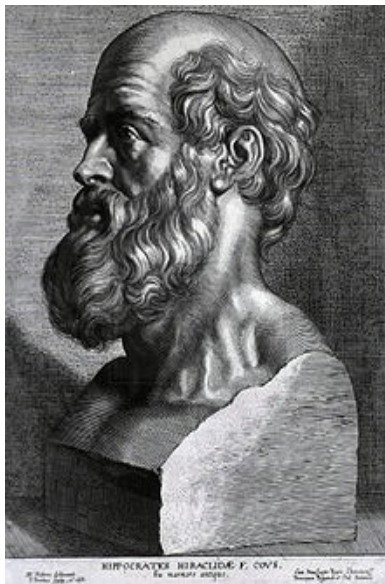
Imhotep is credited with being the founder of Medicine and with being the Author of a Medical Work which is remarkably for being devoid of Magical Thinking; the so-called "Edwin Smith" Papyrus containing Anatomical Observations, Ailments, and Cures.

The Edwin Smith Papyrus dates to Dynasties 16-17 of the Second Intermediate Period. Egypt was ruled from Thebes during this time and the Papyrus is likely to have originated from there. Edwin Smith purchased this Papyrus Scroll in Luxor, Egypt in 1862, from an Egyptian dealer named Mustafa Agha. This Papyrus was in the possession of Smith until his Passing On, when his Daughter donated the Papyrus to New York Historical Society. From 1938 through 1948, the Papyrus was at the Brooklyn Museum. In 1948, the New York Historical Society and the Brooklyn Museum presented the Papyrus to the New York Academy of Medicine, where it remains today. The First Translation of this Papyrus was by James Henry Breasted, with the Medical Advice of Dr. Arno B Luckhardt, in 1930.



Breasted's Translation changed the Understanding of the History of Medicine. It demonstrates that Egyptian medical care was not limited to the magical modes of healing demonstrated in other Egyptian Medical Sources. Rational, Scientific Practices were used, constructed through Observation and Examination.

In turn the Greeks built upon the Knowledge of Herbs gathered over the years, and added greatly to it. Most famous, were the writings of Hippocrates of Kos (468-377 BC), who was both Physician and Teacher.



Hippocrates was an Ancient Greek Physician during the Age of Pericles (Classical Athens), and is considered one of the most Outstanding Figures in the History of Medicine. Hippocrates is referred to as the Founding Father of Modern Medicine in recognition of his lasting Contributions to the field as the founder of the Hippocratic School of Medicine. His Schools of Medicine Revolutionized Medicine in Ancient

Greece, establishing it as a Discipline Distinct from other Fields that it had Traditionally been associated with the fields of Theology and Philosophy, thus establishing Medicine as a profession. Hippocrates is commonly portrayed as the Paragon of the Ancient Physician. In particular, he is credited with greatly advancing the Systematic Study of Clinical Medicine, summing up the Medical Knowledge of previous Schools, and prescribing practices for Physicians through the Hippocratic Oath.

Hippocrates is credited with being the first Person to believe that Diseases were caused Naturally and not as a result of Superstition, and the Gods. Hippocrates was credited by the disciples of Pythagoras of allying Philosophy and Medicine. He separated the Discipline of Medicine from Religion, Believing and Arguing that Disease was not a Punishment Inflicted by the Gods but rather the product of Environmental Factors, Diet, and Living Habits.

Hippocrates did work with many convictions that were based on what is now known to be incorrect Anatomy and Physiology, such as Humorism. Ancient Greek Schools of Medicine were split (into the Knidian and Koan) on how to deal with Disease. The Knidian School of Medicine focused on Diagnosis. Medicine at the time of Hippocrates knew almost nothing of Human Anatomy and Physiology because of the Greek Taboo forbidding the dissection of Human Bodies. The Knidian School consequently failed to distinguish when one Disease caused many possible series of Symptoms. The Hippocratic School or Koan School achieved greater success by applying general Diagnoses and Passive Treatments. Its focus was on Patient Care and Prognosis, not Diagnosis. It could effectively treat Diseases and allowed for a great development in Clinical Practice.

Another important concept in Hippocratic Medicine was that of a Crisis, which is a point in the Progression of Disease at which either the Illness would begin to Triumph and the Patient would Succumb to Death, or the Opposite would occur and Natural Processes would make the Patient Recover. After a Crisis, a Relapse might follow, and then another Deciding Crisis. According to this Doctrine, Crises tend to occur on Critical Days, which were supposed to be a fixed time after the Contraction of a Disease. If a Crisis occurred on a day far from a Critical Day, a Relapse might be expected. Hippocratic Therapy focused on simply easing this Natural Process. To this end, Hippocrates believed "Rest and Immobilization was of Capital Importance" In general, the Hippocratic Medicine was very kind to the Patient; Treatment was Gentle, and Emphasized keeping the Patient Clean and Sterile. For example, only Clean Water or Wine were ever used on Wounds, though Dry Treatment was preferable. Soothing Balms were sometimes Employed.

Hippocratic medicine was notable for its Strict Professionalism, Discipline, and Rigorous Practice. The Hippocratic Book "On The Physician" recommended that Physicians always be Well-Kempt, Honest, Calm, Understanding, and Serious. The Hippocratic Physician paid careful attention to all aspects of his Teachings. Hippocrates created detailed specifications for, "lighting, personnel, instruments,

positioning of the patient, and techniques of bandaging and splinting" in the Ancient Operating Room,.

Hippocrates and his Followers were first to describe many Diseases and Medical Conditions. He is given credit for the first description of Clubbing of ones Fingers, an important Diagnostic Sign in Chronic Suppurative Lung Disease, Lung Cancer and Cyanotic Heart Disease. For this reason, Clubbed Fingers are sometimes referred to as "Hippocratic Fingers". It was Hippocrates who first began to categorize Illnesses as Acute, Chronic, Endemic and Epidemic, and use terms such as Exacerbation, Relapse, Resolution, Crisis, Paroxysm, Peak, and Convalescence.

By the time of Hippocrates, European Herbal Tradition had already absorbed ideas from Assyria and India, with Eastern Herbs such as Basil and Ginger became most highly Prized, and the complex theory of Humours and Essential Body Fluids had begun to be Formulated. Hippocrates categorized all Food and Herbs by their Fundamental Quality be they Hot, Cold, Dry, Damp, and Good Health was maintained by keeping them in balance as well as taking plenty of Exercise and Fresh Air.

Roughly around 400BCE his students were learning the value of Herbs in healing, in easing pain and curing many diseases and ailments. His valuable Teaching and methods of practice, set the pattern for modern Medicine.

The Second Great Pioneer in Medicines and Herbs was the Great Theophrastus (371 – 287 BC).



He was the First Scientific Botanist known to History who extended Plant Classification Scheme which was developed by his Teacher the Great Astronomer Aristotle. After receiving instruction in Philosophy in Lesbos from one Alcippus, he moved to Athens, where he may have studied under Plato. He became friends with Aristotle, and when Plato died (348/7 BC) Theophrastus may have joined Aristotle in his self-imposed exile from Athens. When Aristotle moved to Mytilene on Lesbos in 345/4, it is very likely that he did so at the urging of Theophrastus. It seems that it was on Lesbos that Aristotle and Theophrastus began their research into Natural Science, with Aristotle Studying Animals and Theophrastus Studying Plants. Theophrastus probably accompanied Aristotle to Macedonia when Aristotle was appointed Tutor to Alexander the Great in 343/2. Around 335 BC, Theophrastus moved with Aristotle to Athens where Aristotle began Teaching in the Lyceum. When, after the Death of Alexander, Anti-Macedonian feeling forced Aristotle to leave Athens, Theophrastus remained behind as Head Master of the Peripatetic School, a position he continued to hold after Aristotle's death in 322/1. Theophrastus presided over the Peripatetic School for 35 Years, and Passed On at the age of 85. He is said to have remarked on his Death Bed "We die just when we are beginning to Live".

Under Theophrastus's Guidance the School Flourished greatly and there was a period during which more than 2000 Students studied there. At Theophrastus's Passing, his Will Bequeathed that his Garden with House and Colonnades as a Permanent Seat of Instruction. The Comic Poet Menander was among his pupils. His Popularity was shown in the regard paid to him by Philip, Cassander and Ptolemy. He was Honored with a Public Funeral, and the Whole Population of Athens honoring him greatly, followed him to the Grave. He was succeeded as Headmaster of the Lyceum by Strato of Lampsacus.

Theophrastus wrote two works, "Growth Of Plants" and "Inquiry Into Plants", which covered some 550 Plants from Europe to India. These Works were the First to Classify Plants by Form and Structure, and Prefigure the Linnaean System which is used today. The work is arranged into a System whereby Plants are Classified according to their modes of Generation, their Localities, their Sizes, and according to their practical uses such as Foods, Juices, and Herbs. His First Book deals with the parts of Plants. The Second Book with the Reproduction of Plants and the Times and Manner of Sowing. The Third, Fourth and Fifth Books are devoted to Trees, their Types, their Locations, and their Practical Applications. The Sixth book deals with Shrubs and Spiny Plants. The Seventh Book deals with Herbs. The Eighth Book deals with Plants which produce Edible seeds. And the Ninth Book and Final Book deals with Plants which produce useful Juices, Gums, and Resins. In Theophrastus's Book "On The Causes Of Plants" there was originally Eight Books, of which Six Survive. It concerns the Growth of Plants; the Influences on their Fecundity; the proper times they should be Sown and Reaped; the methods of preparing the Soil, Manuring it, and the use of Tools. It goes into the subject of the Smells, Tastes, and Properties of many types of Plants. This Work deals mainly with the Economical uses of Plants rather than their Medicinal Uses, although the latter is sometimes mentioned in those Books.

Theophrastus was also a First Rate Observer. For instance, his Descriptions of Germinating Seeds was not Surpassed for many Centuries. Yet, he also created Plants Myths and Fantasies that wee to Haunt Science for Generations.

Then in the first century, ACE, the Greek Physician Pedanius Dioscorides (circa 40—90 AD) listed over 500 plants and Herbs in his Materia Medica.





Dioscorides's 5-Volume Encyclopedia, the *De Materia Medica*, about Herbal Medicine and related Medicinal substances and became the Standard Work on the subject and remained the Main Textbook on Medicine for 1,500 years. Dioscorides was reputed to have been either the Physician to Antony and Cleopatra, or might have been an Army Surgeon during the Reign of the Emperor Nero. Many of the Herbs that Dioscorides describes are familiar to use today such as Parsley being a Diuretic, Fennel helping to promote Milk Flow from Nursing Mothers, and Horehound, whilst mixed with Honey being a good Expectorant.

A native of Anazarbus, Cilicia, Asia Minor, Dioscorides was a Greek Physician, Pharmacologist and Botanist. Unlike many Ancient Classical Authors, his works were not Rediscovered in the Renaissance, because his Five Volume Book never left Circulation. In the Medieval Age, the *De Materia Medica* was circulated in Latin, Greek, and Arabic. While being reproduced in Manuscript form through the Centuries, it was often supplemented with commentary on Dioscorides' work, with Minor Additions from Arabic and Indian sources. The most important Greek Manuscripts of Dioscorides still Survive today in Mount Athos Monasteries. A number of Illustrated Manuscripts of the *De Materia Medica* Survive. The Most Famous of these is the Lavishly Illustrated Vienna Dioscurides, which was produced in Constantinople in 512/513 AD. There are some Heavily Illustrated Arabic Copies that still Survive from the 12th and 13th Centuries. The work also records the Dacian and Thracian names for some Plants, which otherwise would have been lost if it had not been Preserved in some Monasteries.

A Special Place in the History of Medicinal Herbs and Plants belongs to Mithridates VI, King of Pontus (134 BC-63 BC)



Being King of a Country in an area that now mainly comprises Turkey, he was Famed because he is said to have made himself Immune to Poisoning by taking minute Doses of Poison in order to slowly build up Immunity and his name lives on in the term “Mithridatism” which means “Acquired Tolerance of a Poison”. Mithridates is remembered as one of Roman Republic’s Most Formidable and Successful Enemies, who engaged Three of the prominent Generals from the late Roman Republic in the Mithridatic Wars: Lucius Cornelius Sulla, Lucullus and Pompey. Mithridates was a Prince of Persian and Greek Macedonian Ancestry. He claimed descent from King Darius I of Persia and is descended from the Greek Generals of the Greek King Alexander the Great. Mithridates entertained Ambitions of making his Kingdom the Dominant Power in the Black Sea and Anatolia. After he subjugated Colchis, Mithridates clashed for Supremacy in the Pontic steppe with the Scythian King Palacus. The most important centres of Crimea, Tauric Chersonesus and the Bosporan Kingdom readily surrendered their independence in return for Mithridates' promises to protect them against the Scythians, their Ancient Enemies. After a long campaign, Mithridates succeeded in subduing the Scythians. Then Mithridates fought a War with the Kingdom of Bithynia, whose King Nicomedes IV, had support of Rome Mithridates plotted to overthrow him, but his attempts failed. After fighting the Roman and Conquering Western Anatolia in 88 BC, Mithridates is Alleged to have committed Massacres of around 80,000 Roman Men, Women and Children in an incident known as the ‘Asiatic Vespers’ brought matters to a head and eventually, the Romans organize their Full Military Might and was at last defeated by the Roman General Pompey. While trying to raise a New Army, Mithridates was betrayed by his Son Pharnaces the II. Facing inevitable capture by Roman Enemies, he reputedly tried in vain to Poison Himself and had to get a Slave to Stab him to Death.

Accounts written after his Death portray Mithridates as a Diligent Biological Investigator who knew 22 Languages and Studied Medicine as well. An Antidote called the Mithridate bore his name in Mediaeval Pharmacology. Mithridates’s Physician Crateus was also well know during Ancient Times for his Lifelike

Botanical Paintings, and is now thought to have been the basis for Illustrations in Dioscrides De Materia Medica.

The Greek Theories about Medicine reached Rome at around 100 BC and as time passed, they became more Mechanistic, presenting a view of the Body as a Machine to be actively Repaired rather than by following the Hippocratic Dictum of allowing most Diseases to Cure Themselves. The first Great Herbologist was Pliny the Elder (23 - 79 AD) whose Favorite Saying in Life was "To Live is to be Awake".



He was a Roman Administer and Natural Historian. His Book was called "Natural History" which was written in 37 Books. His work was a Major Source of information for both Botanists and Herbalists from Mediaeval Times through to the 17<sup>th</sup> Century. His Natural History Books 12 to 19 deals with Botany, and Books 20 to 27 dealt with Plant Pharmacology. Pliny and the Greek Doctor Dioscorides have been cited by Writers of Plants down to the present Century. Generations of Authors passed along Pliny's Words without attributing them to him. That way, a lot of his Statements of Fact and Fancy have been entered into the Folklore of Plants that actually came from him that he has not gotten proper Credit for. Not only was Pliny a Writer of Botany and but was also a Roman Naval and Army Commander of the early Roman Empire, and was a Personal Friend of the Emperor Vespasian.

Pliny was the Son of an Equestrian, Gaius Plinius Celer, and his Wife Marcella. Pliny the Elder was born in the Town of Como, which was a part of present day Lombardi Italy. A statue of Pliny on the facade of the Duomo of Como Celebrates him as their Native Son. He had a Sister, Plinia, who married into the Caecilii and

became the Mother of his Nephew, Pliny the Younger, whose Letters describe his Work and Study Regimen in detail. Pliny the Elder himself did not Marry and had No Children. In his Will he adopted his Nephew, which entitled the latter to Inherit the Entire Estate.

In 46 AD at age 23 Pliny entered the Army as a Junior Officer, as was the custom for Young Men of Equestrian Rank. During this time, Pliny's interest in Roman Letters and Writing attracted the Attention and Friendship of other Men of Letters in the Higher Ranks, with whom he formed lasting Friendships. Later these Friendships assisted his entry into the Upper Echelons of the State; however, he was Trusted for his Knowledge and Ability as well. It was during his time in the Roman Army fighting the Rome's Conquests of the Northern German States that he wrote a lot of his Works during this spare time during the Winter when there was little Fighting. Pliny then left the Army during the early part of Nero's Imperial Reign of Rome. With his Literary Knowledge, he was able to get an appointment to be a Roman Lawyer, and it was during doing this Work that he did most of his Research into Herbs and Herbology.

When the Emperor Vespasian took the Throne of Rome and since they had a lot in common and Vespasian Trusted Pliny, Pliny got various positions as a Procurator Governor of three different Roman Province. It was during this time of having Imperial Favor that Pliny wrote most of his Works.

Pliny was Residing Sister and Nephew across the Bay of Naples from Pompeii when the Volcanoe Vesuvius Erupted nearby on August 25<sup>th</sup> 79AD. When the Volcanoe Erupted, Pliny decided to Investigate the Eruption of and ended up finding it necessary to help with Rescue Operations of a Friend and his Family from the Eruption of Mount Vesuvius that had just Destroyed the Cities of Pompeii and Herculaneum. The Prevailing Wind would not allow his ship to leave the shore. His Companions attributed his Collapse and Death to Toxic Fumes, but they were unaffected by the Fumes, suggesting Natural causes such as a sudden Heart Attack.

Pliny is still remembered in Volcanology where the term Plinian refers to a Very Violent Eruption of a Volcano Marked by columns of Smoke and Ash extending high into the Stratosphere. The term "Ultra-Plinian" is reserved for the Most Violent Type of Plinian Eruption such as the 1883 Eruption of Krakatoa.

In Rome, Medicine became a Lucrative Business with complex Highly Priced Herbal Remedies. Opposing this Practice was Claudius Galenus (129-199 AD).



Born in Pergamon in Asia Minor and was the son of Aelius Nicon, a Wealthy Architect with Scholarly Interests, Galen received a Comprehensive Education that prepared him for a Successful Career as a Physician and Philosopher. He Traveled Extensively, exposing himself to a wide variety of Medical Theories and Discoveries before settling in Rome, where he served prominent members of Roman Society and was an Imperial Rome Court Physician and was Personal Physician to several Emperors including Emperor Marcus Aurelius. Galen reworked many of the Old Hippocratic Ideas and Formalized the Theories of the Humours. His Books on Medicine and Herbs soon became the Standard Medical Texts not only of Rome, but also of later the Arabs and Medieval Physicians and his Theories still Survive in Unani Medicine today. The old word 'Galenical' describing a Medicinal preparation, was in fact derived from his name.

Galen was a prominent Roman Philosopher as well as Surgeon and Physician. Arguably the most accomplished of all Medical Researchers of his era, Galen contributed greatly to the understanding of Numerous Scientific Disciplines including Anatomy, Physiology, Pathology, Pharmacology, Neurology, Philosophy, and Logic. His Anatomical Reports, based mainly on Dissection of Monkeys and Pigs, remained uncontested until 1543, when Printed Descriptions and Illustrations of Human Dissections were published in the seminal work *De Humani Corporis Fabrica* by Andreas Vesalius.

Galen's Theory of the Physiology of the Circulatory System endured until 1628, when William Harvey published his *De Motu Cordis*, in which he established that the Blood Circulates with the Heart Acting as a Pump.



Thanks to William Harvey's Publications, Medical Students continued to study Galen's Writings until well into the 19th Century. Galen conducted many Nerve Ligation Experiments that supported the Theory, which is still believed today, that the Brain controls all the motions of the Muscles by means of the Cranial and Peripheral Nervous Systems. Galen, seeing himself as being both a Philosopher as well as a Physician, as he wrote in his a work that he called "That The Best Physician Is Also A Philosopher.

When the Romans conquered most of Europe, they took with them a vast knowledge of Herbs. Such was their Faith in the Accuracy of Appliance by Herbs to Disease and Ailments, that they would often carry them and the Seeds to Plant, Cultivate and Use. Over 200 different Herbs were introduced to Britain for example, by the Invading Romans, amongst them were the Fennel, Sage, Borage, Betony, Parsley, Rosemary and Thyme. During the 400 years of Roman occupation, many Herbs they had Cultivated became carefully Naturalized and now Grow Wild in many places today.

With the fall of the Roman Empire during the 5<sup>th</sup> Century, the centre of Classical Learning shifted to the East and the study of Galenical Medicine became focused in Constantinople (now Istanbul) and Persia. Galen's Medicinal Texts was enthusiastically adopted by the Arabs and was merged with surviving Egyptian Medicinal Beliefs and Learning. It was this mixture of Herbal Ideas, Practice and Traditions that was reintroduced into Europe with the invading Arab Armies. Probably the most important work of those times was the *Kitab Al Qanun*, or Canon of Medicine by Avicenna. This was based firmly on Galenical Principles and

had been Translated into Latin by the 12<sup>th</sup> Century AD and became one of the leading Textbooks in European Medical Schools.

Avicenna (980 - 1037) was a Polymath of Persian Origin and the foremost Physician and Philosopher of his time.



Avicenna was also an Astronomer, a Chemist, a Geologist, an Islamic Psychologist, an Islamic Scholar, an Islamic Theologian, a Logician, a Paleontologist, a Mathematician, a Teacher, a Physicist, a Poet, and Scientist. He wrote almost 450 Books on a wide range of subjects with 40 of them concentrating on medicine. His Most Famous works was the “The Book of Healing”, which was a vast Philosophical and Scientific Encyclopedia, and “The Canon of Medicine”, which was a Standard Medical Text at many Medieval Universities. His Book “The Canon of Medicine” was used as a Text-Book in the Universities of Montpellier and Louvain as late as 1650. Avicenna created his Works of Literature during what is commonly known as



Islam's Golden Age, in which the Translations of Greco-Roman, Persian (Iran) and Indian Texts were studied extensively. Avicenna was a Child Prodigy who had memorized the Qur'an by the age of 10 and a great deal of Persian Poetry as well. He turned to Medicine at 16, and not only learned Medical Theory, but also by Gratuitous Attendance of the Sick had discovered new methods of Treatment. The Teenaged Avicenna achieved Full Status as a Qualified Physician at age 18. His first appointment was that of Physician to the Emir, who owed him his recovery from a Dangerous Illness. Avicenna's Chief Reward for this service was access to the Royal Library of the Samanids, which was reserved for well-known Patrons of Scholarship and Scholars. When the Library was destroyed by Fire not long after, Avicenna's Enemies accused him of Burning it, in order for ever to conceal the Sources of his Knowledge. Meanwhile, he assisted his Father in his Financial Labours, but still found time to write some of his earliest works.

When Avicenna was around 22 years old, his Father Passed Away, so he decided to Travel and proceeded westwards to Urgench in the modern Uzbekistan, where the Vizier, regarded as a friend of Scholars, gave him a Small Monthly Stipend. The Pay was small, however, so Avicenna wandered from place to place through the districts of Nishapur and Merv to the borders of Khorasan, seeking an opening for his Talents. After a bad Illness, subsequently settled at in the vicinity of Modern Tehran, The Emir then became Jealous of Avicenna and Imprisoned him. After an Islamic Civil War, Avicenna as able to escape and after a Perilous Journey, they reached Isfahan, and was received with a Honorable Welcome there. For the next 12 years, he lived and worked there until he Died.

The Christian Monks of the 6<sup>th</sup> Century enlarged the Medicinal Use of Herbs as they Translated many Medical Texts both on Ancient Greek and Arab Islamic Medicine. They became really the First Homeopathic Specialists and each Monastery had a Special Herb Garden from which Plants were Exchanged and Traded between Christian Orders, so Developing and Improving the Herbs. Some of today's Great Medical Centers are Direct Descendants of these Monastery Garden such as the Church-Run Schola Medica Salernitana in Southern Italy in the Eleventh Century along with the Universities of Paris (1150), Bologna (1158), Oxford, (1167), Montpellier (1181) and Padua (1222), Throughout the Middle Ages, Herbal Folklore Flourished in the Towns and Villages. During all this time they had known Relatively Little about Herbs, as most of the Information was passed down through Word of Mouth. During this time, the Monks Wrote by Hand Books of their Herbal, one of the Most Famous being the Welsh, "Red Book of Hergest, dating from around 1400.

During these Superstitious times, many Herbs were credited with Mystical and Magical Powers and was believed that Herbs such as Angelica, Bay and Garlic would protect the user against Witchcraft with Bay Leaf having the added advantage of warding off Infection. Caraway and Coriander we used in Lover Potions, while Fennel was deemed to protect the user from Venomous Bites, and made the user Strong, Brave, and Encouraged Long Life. As well, there were Herbs that were reputed to guard against Nightmares, deterring Vampires and many more

to keep Lovers Faithful. As Christianity grew in Influence, a Tension developed between the Catholic Church and Folk-Medicine, since much in Folk Medicine was considered Magical or Mystical, and had its basis in sources that were not compatible with Christian Faith. Spells and Incantations were used in conjunction with Herbs and other Remedies. After the repression of Paganistic Spiritual use of Herbs, such Spells had to be separated from the Physical Remedies, or Replaced with Christian Prayers or Devotions. Similarly, the Dependence upon the Power of Herbs needed to be explained through Christianity.

The Church taught that God sometimes sent Illness as a Punishment, and that in these cases, it was believed that only by Repentance could lead to a Recovery. This led to the Practice of Penance and Pilgrimage as a means of Curing Illness. In the Middle Ages, some people did not consider Medicine a profession suitable for Christians, as Disease was often considered God-Sent. God was considered to be the "Divine Physician" who sent Illnesses or Healings depending on his will. However, many Monastic Orders, particularly the Benedictines, considered the care of the Sick as their Chief Work of Mercy. Of course, nowadays the Spiritual Aspects of Herbs is considered Ceremonial rather than Fact. This was the time of Hildegard of Bingen (1098 - 1179):



A Medieval Pioneer in Natural Science was the German Mystic Hildegard of Bingen, who was an Abbess and Founder of a Benedictine Convent at Rupertsburg. Hildegard of Bingen's date of Birth is uncertain. It has been concluded that she may have been Born in the year 1098. Hildegard was raised in a Family of Free Nobles. She was her Parents' Tenth Child and she was Sickly as an Infant. In her own personal Writings, Hildegard explains that from a Very Young Age she had Experienced Visions. Due to Hildegard's Visions, or as a method of Political Positioning, Hildegard's Parents, Hildebert and Mechthilde, offered her as a Tithe to the Church when she was about 14.

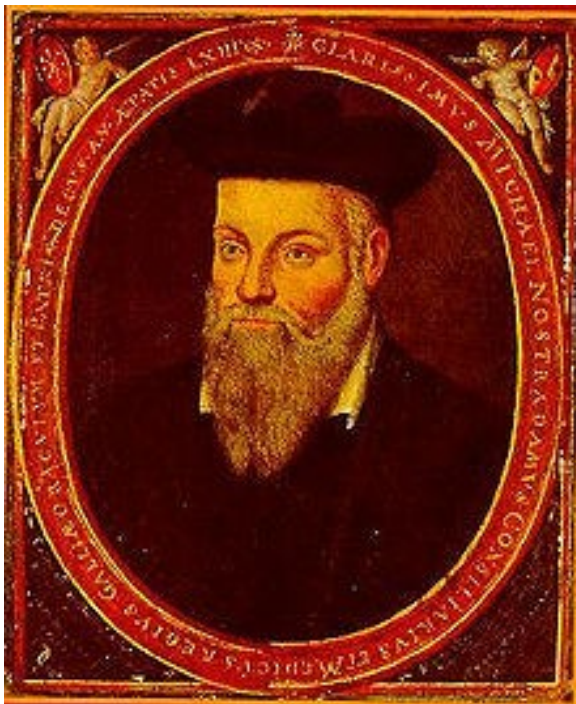
Hildegard was taught the Doctrine of the Humours according to which it was believed that it was Phlegm which caused most Illnesses. She added her own Broad Knowledge, Interest and her Powers of Intuition into Natural Folk Medicine. She is reputed to have had Visions that commanded her to: "Write what you see and hear". Her Writing included much on Medicinal Herbs. She is often called St Hildegard even though she was never formally Canonized by the Catholic Church.

Hildegard was Writer, a Musical Composer, Philosopher, a Christian Mystic, and Visionary. Elected a Magistra by her fellow Nuns in 1136 of Rupertsburg and Eibingen in 1165. One of her works as a Composer, the Ordo Virtutum, is an early example of liturgical drama. She wrote Theological as well as Botanical and Medicinal Texts. She also wrote Songs, Poems, and the First Surviving Morality Play.

During these times, Surgery had a Lower Status than Pure Medicine, beginning as a Craft Tradition until Roger Frugardi of Parma composed his treatise on Surgery around about 1180. A stream of Italian Works of greater scope over the next

hundred years, spread later into the rest of Europe. Between 1350 and 1365 Theodoric Borgognoni produced a Systematic Four Volume Book on Surgery, called the "Cyrurgia", which promoted important innovations as well as early forms of Antiseptic Practice in the Treatment of Injury, and Surgical Anaesthesia using a mixture of Opiates and Herbs.

As we became literate, thanks to Johann Gutenberg's Inventions of the Printing Press, more and more People learned to Read and Write, and Books were published on the subject. Thus the Literate in many European Towns started demanding that Physicians have several years of Study or Training before they could Practice Medicine and Surgery. Then came the Great Crisis in European Medicine came with the Black Death Epidemic in the 14th century. And prevailing Medical Theories focused on Religious rather than Scientific Explanations. This was the times of the Greater Physician and Seer Nostradamus (1503 - 1566).



Not only was Nostradamus known for being a Great Seer, but was also one of Greatest Healers of the early Renaissance and was known for being efficient a Curing People of the Great Plague Black Death that raged across Europe in his times.

At the Age of Fifteen the young Nostradamus entered the University of Avignon to study for his Bachelor Degree. After little more than a year, Nostradamus was forced to leave Avignon when the University Closed its Doors in the face of an outbreak of the Plague. After leaving Avignon, Nostradamus traveled the countryside for eight years from 1521 Researching Herbal Remedies. In 1529, after some years as an Pharmacist, he entered the University of Montpellier to study for a

Doctorate in Medicine. He was expelled shortly afterward when it was discovered that he had been an Pharmacist, which was considered a lower "Manual Trade" and was therefore Banned and Expelled for having been a Pharmacist by the University's Statutes. The Expulsion Document still exists in the Faculty Library. However, some of his Publishers and Correspondents would later call him "Doctor". After his Expulsion, Nostradamus continued working, presumably still as an Pharmacist, and became Famous in the Medicine for creating a "Rose Pill" that supposedly protected against the Plague. It was during this time that he wrote his Book "The Elixirs of Nostradamus".

In 1531 Nostradamus was invited by Jules-César Scaliger, a leading Renaissance Scholar, to come to Agen. There he Married a Woman of uncertain name (possibly Henriette d'Encausse), who bore him Two Children. In 1534 his Wife and Children Died, presumably from the Plague. After their Passing Away, he continued to Travel, passing through France and possibly Italy. On his return in 1545, he assisted the prominent Physician Louis Serre in his Fight against a Major Plague Outbreak in Marseilles, and then tackled further Outbreaks of Disease on his own in Salon-de-Provence and in the Regional Capital, Aix-en-Provence. Finally, in 1547, he settled in Salon-de-Provence where he Married a Rich Widow named Anne Ponsarde, with whom he had Six Children. Between 1556 and 1567 he and his Wife acquired a one-thirteenth share in a Huge Canal Project organized by Adam de Craponne to Irrigate Largely Waterless Salon-de-Provence and the nearby Désert de la Crau from the river Durance. After another visit to Italy, Nostradamus then became fascinated with the Visions he kept having and began to move away from Medicine and became interested in the Divinatory Arts and began his Career as a Seer, Writing his Famed "Quatrains of Nostradamus".

One of the Prime Movers of a New Direction in Medicine was named at birth "Theophrastus Bombastus von Hohenheim", but later changed his name to Philippus Aureolus Paracelsus (1493 - 1541).



His father, Wilhelm Bombast von Hohenheim, was also a Swabian Chemist and Physician. His mother was Swiss. This Swiss Physician, who was also a Chemist, realized that the Medicinal Virtues of Plants came from their Chemical Properties. He is also credited for giving the Element Zinc its name, calling it "Zincum". He carried out Pioneering Work in the Extraction of Plant Essences and the use of Tinctures which was a Revolutionary Advance in Pharmacology. Paracelsus was Educated in Botany, Mineralogy, Natural Philosophy, Alchemy, Astrology and the Occult. Paracelsus traveled widely, Ministering to the Poor wherever he went. He Studied at the University of Basel, but left there and went to Vienna and gained his doctorate degree from the University of Ferrara. Paracelsus gained a reputation for being arrogant, and soon garnered the Anger of other Physicians in Europe. He held the Chair of Medicine at the University of Basel for less than a year; while there his Colleagues became Angered by allegations that he had Publicly Burned Traditional Medical Books. He was forced from Basel after a Legal Dispute over a Physician's Fee he Sued to collect.

His Published Research in Pharmacology and his Unfinished Herbal "On The Virtues Of Plants, Roots And Seeds" reveals his Extensive Work with Botanical Medicine both in the Laboratory and in his Practice. The Doctrine of Signatures in Plants which is that the Appearance of Plants can be found in a Divine Sign of the Plant's Curative Powers. That is, some Plants Colour and Shape could indicate what sort of Ailment that Plant might be Curative for. This often appears in Paracelsus's Works and in the Writings of his Influential Followers. This Doctrine left an Enduring Imprint on Herbal Medicine.

As a Physician of the early 16th Century, Paracelsus held a Natural Affinity with the Hermetic, Neoplatonic, and Pythagorean Philosophies Central to the Renaissance, a world-view exemplified by Marsilio Ficino and Pico della Mirandola. Paracelsus

rejected the Magical Theories of Agrippa and Flamel in his Archidoxes of Magic. Paracelsus devoted several sections in his Writings to the Construction of Astrological Talismans for Curing Disease, providing Talismans for various Maladies as well as Talismans for each sign of the Zodiac. He also Invented an alphabet called the Alphabet of the Magi, for Engraving Angelic Names upon Talismans.

Then there was Italian Physican and Naturalist Pietro Mattioli (1501 – 1577), who was a Typical Renaissance Man.





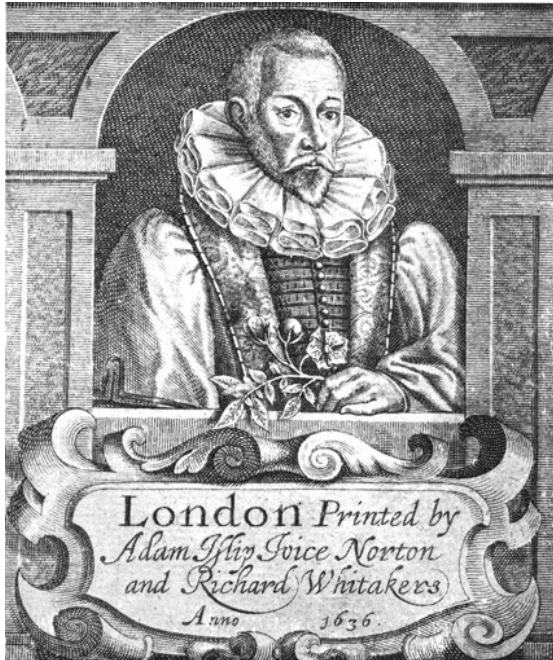
He wrote several Works in Poetry and Prose on a wide range of subjects including Botany and Pharmacology. After studying as a Youth in Padua and Rome, he began a Lifetime Career as a Physician first to the Cardinal of Trent and then to the Court of the Holy Roman Emperor in Prague. During these years, Mattioli devoted a great deal of time to the Study of Plants and their 'Materia Medica', or Medical Substances. He received his MD at the University of Padua in 1523, and subsequently practiced the Profession in Siena, Rome, Trento and Gorizia, becoming personal doctor of Ferdinand II, Archduke of Austria in Prague and Ambras Castle and Maximilian II, Holy Roman Emperor in Vienna.

The Publication that made Mattioli Famous was his Italian Edition of Discorides's De Materia Medica. Its purpose was to give Italian Physicians and Pharmicists a source of Systematically Organized Information that would enable them to Identify all the Medicinal Plants discussed in Discorides's Publications which was then a Trusted Source of Medical Information. His Translation of Discoride's Works was a Best Seller from it First Printing in 1544. A decade later, Mattioli issued an Expanded Edition in Latin. It included the Plant Names, their Synonyms in a Number of Languages with Expanded Commentary and Detailed Illustrations. Conceived as a Practical Reference Tool, this Book was such a success that it went into an Uninterrupted Series of Reprints for over the next 200 Years.



In 1551 Steven Mierdman published the first part of William Turner's 'New Herball' which described some 238 British plants and was the first scientific study of plants. The two most famous Herbalists, were John Gerard, and Nicholas Culpeper.

John Gerard (1545 – February, 1612) was an English Herbalist who was gained Fame for his Herbal Garden.



Gerard was born in Nantwich England. After being educated in Willaston near Nantwich he started to Study Medicine and Traveled Widely as a Ship's Surgeon. From 1577 on, he Supervised the Building and Maintenance of the Gardens of the Lord of Burghley William Cecil in London. In 1595 John Gerard became a Member of the Court of Assistants in the Barber-Surgeon's Company. Then in 1597 he was appointed Junior Warden of the Barber-Surgeons, and then in 1608 was named Master of the Barber-Surgeons. In 1596, he published a list of Rare Plants which he Cultivated in his Garden at Holborn, still extant in the British Museum. Then in 1597 John Gerard, while holding an appointment as an Apothecary to James I, produced his well known 'The Herball' or 'General History of Plants'. It was based on the work of the Flemish Physician Dodoens, but included many of the New Plants growing in America. He mentioned both the Potato and the Tomato, which he called the 'Apple of Love', together with those Herbs growing in his own Physic garden. He then Passed On in London.

In 1633 an Enlarged and Amended Version of Gerard's Work was Printed, for which he had used the Materia Medica of Dioscorides as a Reference Guide along with the works of the German Botanists Fuchs and Gesner, and the Italian Mattioli. The 1597 and 1633 editions are commonly referred to as 'Gerard's Herbal'.

The Origins of the Great Herball, Famous for the detailed descriptions of Plants, the Folklore contained in the Articles and its Splendid Prose, are somewhat Controversial. The Queen's Printer John Norton had commissioned a Dr. Priest to prepare an English-Language Translation of Rembert Dodoens' immensely popular herbal. Dr. Priest having Passed Away before completing the work, so John Norton asked Gerard to take over. Gerard finished the Translation, rearranged the work, and added as-yet-unpublished material of an herbalist named l'Obel. However, in the finished work, Gerard states that Dr. Priest's Translation had Disappeared and that he had written a Whole New Book. Thus, this Tome of Information has languished in Relative Obscurity Modern-day Authorities disagree as to the extent of original work in Gerard's herbal.

Rembert Dodoens (29 June 1517 - 10 March 1585) was a Belgian Physician and Botanist who Mechelen.



In 1530 he began his Studies in Medicine, Cosmography and Geography at the University of Leuven, where he Graduated in 1535. He established himself as a Physician in Mechelen in 1538. He then became the Court Physician of the Austrian Emperor Rudolph II in Vienna (1575-1578). He went on to become Professor in Medicine at the University of Leiden in 1582, and remained there until his Passing Away.

Dodoens' herbal 'Cruydeboeck' came with 715 images. He divided the plant kingdom in six groups. It treated in detail especially the Medicinal Herbs, which

made this work, in the Eyes of many, a Pharmacopoeia. It was translated first into French in 1557 by Charles de L'Ecluse and into English in 1578 by Henry Lyte, and later into Latin in 1583. In his time, it was the Most Translated Book after the Bible. It became a work of Worldwide Renown, used as a Reference Book for Two Centuries.

Nicholas Culpeper (18 October 1616 – 10 January 1654) was an English Botanist, Herbalist, Physician, and Astrologer.



His Published Books include The English Physician (1652) and the Complete Herbal (1653), which contain a Rich Store of Pharmaceutical and Herbal Knowledge, and Astrological Judgement of Diseases from the Decumbiture of the Sick (1655), which is one of the Most Detailed Documents we have on the Practice of Medical Astrology in Early Modern Europe.

Culpeper spent the greater part of his Life in the English Outdoors Cataloging Hundreds of Medicinal Herbs. Culpeper was the Son of Nicholas Culpeper (Senior), who was a Clergyman Priest. Culpeper studied at Cambridge, and afterwards became Apprenticed to an Apothecary Pharmacist Culpeper married the Daughter

of a Wealthy Merchant, which allowed him to set up a Pharmacy in the Halfway House in Spitalfields, London, outside the Authority of the City of London at a time when Medical Facilities in London were at Breaking Point. Arguing that "no man deserved to starve to pay an insulting, insolent physician", and obtaining his Herbal Supplies from the nearby Countryside, Culpeper was able to provide his Services for Free.

In his Youth, Culpeper Translated Medical and Herbal Texts such as the 'London Pharmacopaeia' from the Latin for his Master. It was during the Political Turmoil of the English Civil War, when the College of Physicians was unable to enforce their ban on the Publication of Medical texts, that Culpeper deliberately chose to Publish his Translations in Vernacular English as Self-Help Medical Guides for use by the Poor who could not afford the Medical Help of Expensive Physicians. Culpeper believed Medicine was a Public Asset rather than a Commercial Secret, and the Prices Physicians charged were far too expensive compared to the Cheap and Universal availability of Nature's Medicine. He felt the use of Latin and Expensive Fees charged by Doctors, Lawyers and Priests worked to keep Power and Freedom from the General Public.

During the early months of the English Civil War he was accused of Witchcraft and the Society of Apothecaries tried to rein in his Practice. Alienated and Radicalised he joined the Local London Trainband Militia in August 1643. Influenced during his apprenticeship by the Radical Preacher John Goodwin, who said no authority was above question, Culpeper became a radical republican and opposed the "closed shop" of medicine enforced by the censors of the College of Physicians. He went on to Fight at the First Battle of Newbury, where he carried out Battlefield Surgery. Culpeper was taken back to London after sustaining a Serious Chest Injury from which he Never Recovered. There, in co-operation with the Republican Astrologer William Lilly, he wrote the work 'A Prophecy of the White King', which Predicted the King's Death. He Died of Tuberculosis in London on 10 January 1654 at the age of 38. Only one of his Eight Children, Mary, Survived to Adulthood.

Culpeper's Translations and Approach to using Herbals have had an Extensive Impact on Medicine in early North American Colonies, and even Modern Medications. Culpeper was one of the first to Translate Documents Discussing Medicinal Plants found in the Americas from Latin. In addition, his Herbal was held in such Esteem that Various Plant Species he described were introduced into the New World from England. Culpeper also described the Medical use of Foxglove, the Botanical Precursor to Digitalis, used to Treat Heart Conditions.

It is due to Nicholas Culpeper's Legacy that his Herbalogical Writings appear throughout this E-Book's Materia Medical Chapter.

Although Chinese Medicine had been known of and used since 2700 BC and was originally believed to have been created by the Demigod Shennong, it wasn't until Li Shizhen (1518-1593) that the first major Work on Chinese Herbology was Written.



Li Shizhen was one of the Greatest Physicians and Pharmacologists in Chinese History. His major contribution to Chinese Medicine was his Forty-Year Work, which is found in his Epic Book "Bencao Gangmu". Li Shizhen was also considered to be the greatest Naturalist of China, and was very interested in the Proper

Classification of Herbs. Li Shizhen's Book has details about more than 1,800 Chinese Medicinal Herbs and includes 1,100 Illustrations and 11,000 Prescriptions. It describes the Type, Form, Flavor, Nature and Applications of 1,094 Herbs. Li Shizhen's Materia Medica has been translated into many different Languages, and remains as the premier reference work for Chinese Herbal Medicines. His Studies included various related subjects such as Botany, Zoology, Mineralogy, and Metallurgy. His Book was reprinted frequently and Five Books of the Original Publication still exist.

The first Herbal known about the New Found Americas was published in 1569 by a Spanish Doctor called Nicholas Monardes (1493 - 10 October 1588) was a Spanish physician and Botanist.. He wrote of the Herbs found by the Earliest Settlers. The Herb Bergamot (*Monarda Didyma*) commemorates him.



Nicholas Monardes published several Books of varying importance. In *Diálogo llamado pharmacodilosis* (1536), he examines Humanism and suggested studying several Classical Authors, principally Pedanius Dioscorides. He discusses the

importance of Greek and Arab medicine in *De Secanda Vena in pleuriti Inter Grecos et Arabes Concordia* (1539). *De Rosa et partibus eius* (1540) is about roses and citrus fruits.

Nicholas Monardes' most significant and well known work was *Historia medicinal de las cosas que se traen de nuestras Indias Occidentales*, published in three parts under varying titles (in 1565, 1569 and completed in 1574; unchanged reprint in 1580). This was translated into Latin by Charles de l'Écluse and into English by John Frampton with the title "Joyfull News out of the New Found World".

In the Japans, the First Great Herbologist was the Shogun Yoshimune (November 27, 1684 - July 12, 1751) who Ruled from 1718 to 1745.



He was known as a Wise Ruler who was Instrumental in Encouraging the Cultivation, Production and Use of Herbs in Japan. He realized that the Growth of Herbs would not only Supply the Farmers and Peasantry with Good Healthy Crops,



but also Supply them with a Valuable Commodity that could be Traded for just as readily as one would with Gold or Silver. It made the Lives of the Peasantry a little more easier.

Yoshimune Shogun-Sama was the Great Shogun who first had Ginseng Cultivated in Japan. Until Yoshimune came to the Throne, all of Japan's Ginseng Supplies had to be Imported from China, having to at times Pay Inflated Prices. But after Yoshimune Shogun-Sama, and by 1780s, Japan was actually able to start Exporting its Ginseng Products back to China as well as the rest of South East Asia. And during the Reign of Yoshimune Shogun-Sama, there were 30 Major Plantations for Herbs Created throughout Japan with Yoshimune Shogun-Sama inspiring the Cultivation of Three Herbs Native to Japan. They were the Okera Root, the Ashitaba Root, and the Ume Fruit.

One of the Herbs has Inspired a Ritual that is held in the Gion-Yasaka shrine in Kyoto on New Years Day, or as the Japanese call "Gantan". The Event is known as the Ritual of the Okera Root. In the Ritual, bunches of 12 Torches of Willow Root are Built in various Districts of Kyoto, each Torch representing a Month of the Year. Japanese Shinto Priest throw Dried Okera Root are thrown into the Torch Flames in a Ritual that is for Banishing Evil Spirits. Okera is indigenous to Japan and is a part of the *Atractylodes japonica* Koidzumi Family of Plants. It is known to have the Medicinal Properties of a Diuretic and Stomachic. It's Dried Root was also Burnt to prevent Humidity. Such Humidity during the Rainy Seasons used to be cause Textiles and Clothing to grow Mildew and thus caused hardship for Clothing Merchants. Its Fumes were also known to be an Insecticide and Repellant to Mosquitoes and Flies.

There was the Ashitaba Root, which was Native to the Izu Shima Islands. it is part of the Umbelliferae Family of Herbs. Its Leaves and Stems were Brewed into a Tonic that helped with Poor Digestion, and Infections. Its Sticky Yellow Sap is known for being Good for Skin Diseases.

Ume is the Japanese Plum whose Fruit is Poisonous when Not Ripe, but after Ripe, Picked and is put through a process of Pickling with Salt and then Dried in the Sun. They are then Pickled a again with a Leaf called Shiso, and then Dried one more time in the Sun. The result is something called Umeboshi. They are good for Acid Indigestion and Nausea.

Yoshimune was not the son of any Former Shogun. Rather, he was a member of a Cadet Branch of the Tokugawa clan. Tokugawa Ieyasu, the founder of the Tokugawa Shogunate, well aware of the extinction of the Minamoto line in 1219, had realized that his Descendants might Die Out, leaving the Tokugawa Family at risk of Extinction. Thus, while his son Tokugawa Hidetada was the Second Shogun, he selected Three Other Sons to establish the Gosanke Hereditary Houses which would provide a Shogun if there were no Male Heir. The three Gosanke were the Owari, Kii, and Mito Clans of Daimyos. Yoshimune was from the branch of Kii.

Yoshimune was Closely Related to the Tokugawa Shoguns. His Grandfather, Tokugawa Yorinobu, was a Brother of Second Shogun Tokugawa Hidetada, while Yoshimune's Father, Tokugawa Mitsusada, was a First Cousin of Third Shogun Tokugawa Iemitsu. Yoshimune thus was a Second Cousin to the Fourth and Fifth Shoguns (both Brothers) Tokugawa Ietsuna and Tokugawa Tsunayoshi, as well as a Second Cousin to Tokugawa Tsunashige, whose Son became Shogun Tokugawa Ienobu.

Tokugawa Yoshimune was Born in 1684 in the Rich Region of Kii, a Prefecture which was then Ruled by his Father, Tokugawa Mitsusada. Yoshimune's Childhood Name was Tokugawa Genroku. At that time, his Second Cousin Tokugawa Tsunayoshi was Ruling in Edo as Shogun. Kii was a Rich Prefecture of over 500,000 koku, but it was still in Debt. Even during Mitsusada's time, Kii was in Deep Debt and had a lot to Pay Back to the Shogunate. In 1697, Genroku underwent the Rituals of Passage and took the name Tokugawa Shinnosuke. In 1705, when Shinnosuke was just 21 years old, his Father Mitsusada and Two Older Brothers Died. Thus, the Ruling Shogun Tokugawa Ienobu appointed him Daimyo of Kii. He took the Name Tokugawa Yorikata and began to Administer the Province. Nonetheless, Great Financial Debt which the Prefecture had owed to the Shogunate continued to be a Burden. What made things worse was that in 1707, a Tsunami Destroyed and Killed many in the Coastal Areas of Kii Province. Yorikata did his best to try to Stabilize things in Kii, but relied on Leadership from Edo.

In 1712, the Shogun Ienobu died, and was succeeded by Young Son Tokugawa Ietsugu. Then Shogun Ietsugu died in early 1716. He was only 7 Years Old, and Died without an Heir. The other children of the late Shogun Ienobu were Too Young to Rule, thus it was decided by the Shogunate to select the next Shogun from one of their Cadet Lines. Thus Yoshimune was selected to succeed to the post of Shogun in with his Term to last for 30 Years.

Yoshimune is also known for his Good Financial Reforms. He Dismissed the Conservative Adviser for Incompetence and he began what would come to be known as the Kyōhō Reforms. Although Foreign Books had been Strictly Forbidden since 1640, Yoshimune Overturns those Rules in 1720, starting an Influx of Foreign Books and their Translations into Japanese, and initiating the development of Western Studies.

In 1745, Yoshimune Retired, taking the title Ōgosho and leaving his Public Post to his Oldest Son.

Another well known Herbologist and Botanist was Carolus Linnaeus (1707 – 1778).



He was known for Naming and Categorizing everything in the 'Three Kingdoms' of Nature - Plants, Animals and Minerals. Carolus Linnaeus was the Son of a Lutheran Clergyman. Linnaeus' Pre-eminence in the Intellectually Rigorous Field of Botanical Taxonomy (Plant Classification) prompted him to go into the Countryside on Collecting Expeditions such as one into an area called Lapland in 1732, from which he discovered an Unknown Herb that he called Flora Laponica in 1737.

Linnaeus received his Doctorate in Medicine in Holland and was an assistant to the Botany Instructor at the University of Sweden where he Lectured on various subjects, such as how to cope with the Pressures of Modern Life and the Basic Rules of Hygiene. Linnaeus also Practiced Medicine in Stockholm.

Even though Linnaeus' Criteria for Classifying Plant have undergone Revision, he was the one who Devised the System of Scientific Two Part Names, the "Binomial Nomenclature", and that has continued to Serve Science well to this day. Linnaeus's Fame was Assured by his Students, who Traveled the World Collecting Plants on his behalf for his Written Works such as his 'Systema Naturae' (1735), and Philosophia Botanica (1751).

For his Work, the Swedish King Adolf Frederick granted Linnaeus Nobility in 1757, but he was not Ennobled until 1761. He took the name von Linné, becoming 'Carl von Linné'. His Noble Family Coat of Arms prominently features a Twinflower, one of Linnaeus' favorite plants; it was given the scientific name *Linnaea borealis* in his honour by Gronovius. His Tomb carries the Epitaph "The Prince of Botanists".

His Library and Collections were left to his Widow Sara and their Children. Earlier, a English Botanist Joseph Banks, wanted to Buy the Collection but Carolus had Refused and moved the Collection to Uppsala. However, after Carolus Passed Away and Sara Inherited the Collection. Having Outlived both her Husband and Son she then tried to Sell it to Joseph Banks but he was no longer interested. Instead an Acquaintance of Banks agreed to Buy the Collection. The Acquaintance was a 24 year old Medical Student, James Edward Smith who bought the whole Collection of 14,000 Plants, 3,198 Insects, 1,564 Shells, 3,000 Letters and 1,600 Books. Then James Smith founded the Linnean Society of London five years later.

When Europeans migrated to the Americas, amongst their few Belongings of those first Settlers of Americas took with them was their Treasured Seeds and Roots of their Favorite Herbs. Many Herbs quickly Flourished in their New Environment and became Naturalized Plants. These included: Soapwort, Comfrey, Yarrow, Chamomile, and Coltsfoot. At the end of such a Long Sea Journeys, the Pioneers badly needed to Eat Fresh Green Food soon after their Arrival, so they brought their Favorite Salad Vegetables, such as Sorrel, Parsley, and Good King Henry. Friendly Indians showed the New Inhabitants many Plants already Growing in their Country that also had Very Useful Culinary and Medicinal Properties. The best known of these was Bergamot, the Leaves of which could be used as a Herbal Tea, which the Aboriginal Natives called "Oswego" Tea.

Before the Land Battles with the Aboriginal Natives Decimated the Indigenous Populations, the Early Pioneers and the Aboriginal Natives shared much of their Herbal Lore with each other. An early enthusiast of this was Samuel Thomson (9 February 1769 - 5 October 1843), who founded the Physiomedical Movement.



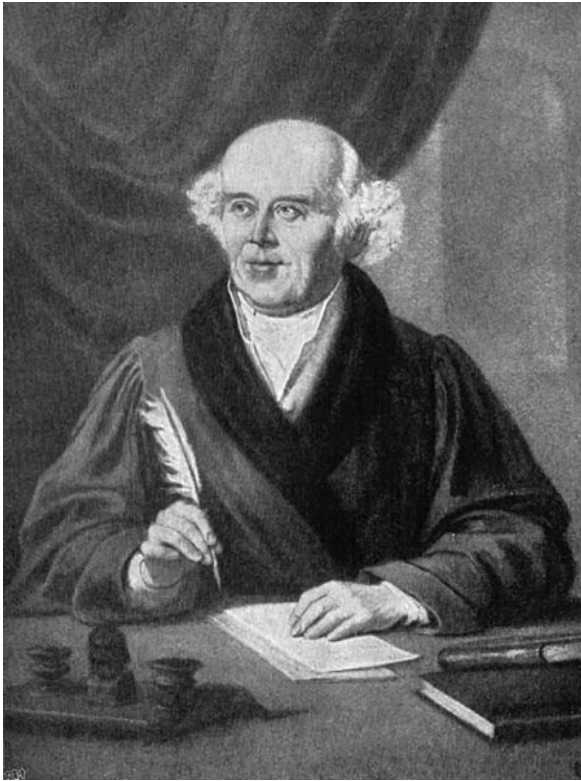
Samuel Thomson was born in Alstead, New Hampshire, and was the Second-Eldest of Six Children. His father, John Thomson, was a Farmer and the Family lived in a Remote Country Area which Thomson described as a "Wilderness". From a Young Age he became Curious about the Various Plants which he saw Growing in the Countryside and their Medicinal Uses. Samuel Thomson learned his Craft as a Child from a local Widow Mrs. Benton. He was a 'Root & Herb' Doctor who combined Aboriginal Native Skills with the Traditional Role of 'Herb Wife'. Samuel Thomson Believed that Parents were Responsible for both their own and their Children's Health and Patented 'Thomson's Improved System of Botanical Practice of Medicine', which was a mixture of Handbooks and Patent Remedies which swept across the Americas in the early 19<sup>th</sup> Century. Thomson's Principal Theory was that all Disease is caused by Cold which in the bitter New England Winters may have been accurate.

Samuel Thomson started using Herbs and Sweat-House Therapies after his Mother had been Passed Away from Measles while using more Orthodox Treatments. He then contracted Measles and Healed himself using Native Herbs. One year later, Thomson married Susanna Allen on July 7, 1790 in Keene, New Hampshire. After the Birth of their First Child, his Wife Susanna became Very Ill, and Seven Conventional Doctors were unable to Cure her. Samuel arranged for Two "Root Doctors" to Treat his Wife, who returned to Health the Very Next Day. Thomson and Susanna then went on to have a total of Eight Children.

Conventional Licensed Doctors, however, came to Resent Thomson's Popularity, as well as his Criticisms of their Techniques. So in 1809, a physician named French accused Thomson of Killing a Patient named Ezra Lovett with the Administration of Excessive Amounts of an Herb called Lobelia. Thomson claimed his Patient had been Cured, but then Died when he Unwisely Ventured into the Cold instead of Recuperating in his Warm Home. The Prosecution claimed Excessive Vomiting was brought on by Thomson's Administration of too much Lobelia. Ultimately, Thomson was Acquitted when one of his Defense Council Demonstrated that one of the Prosecution's Exhibits, Labeled "Lobelia", was actually the Plant Marsh Rosemary and demonstrated this by Consuming some in Court.

He then started using many Aboriginal American Native Herbs such as the Black Root which Relaxes the Liver, the Indian Tobacco as an Important Physiomedical Relaxant, the Fringe Tree Bark which was also a Liver Relaxant, the Black Cohosh for Stimulating and Relaxing the Nervous System, the Black Cohosh which is a Stimulating Relaxant for the Female Reproductive Organs, the Cayenne Pepper which is a Stimulant, and the True Unicorn Root which was a Diuretic.

Then there was the Founder of Homoeopathic Medicine Samuel Christian Hahnemann (10 April 1755 – 2 July 1843) who was Born in Germany.



Although coming from an Impoverished Background, he acquired a Good Education and Studied Chemistry and Medicine at the Universities of Leipzig, Erlangen, and Vienna. Samuel Hahnemann became qualified as a Doctor in 1770. In 1781, Hahnemann took a Village Doctor's Position in the Copper-Mining area of Mansfeld, Saxony. He soon married Johanna Henriette Kuchler and would eventually have eleven children. It was during that Time that Samuel Hahnemann found that the Medicine of his Time did as much Harm as Good. It was after this that he

Abandoned Medical Practice, started making a living Working as a Translator of Scientific and Medical Textbooks,

It was in 1790, while Translating a copy of the *Materia Medica* into German that Samuel Hahnemann came across a Passage about Peruvian Bark, or “Cinchona”, which was to change his Life as well as the Lives of many other People throughout the World. In this Book, it stated that Quinine, which is a Substance Purified from the Bark of the Cinchona Tree, was a Good Treatment for Malaria because of its Astringent Qualities. So Samuel Hahnemann Investigated this Quinine further. For several days, Hahnemann Dosed himself with Quinine and Recorded his Reactions in Great Detail. To his Astonishment, he began to develop the Symptoms of Malaria one after another, despite the fact that he did not actually have the Disease. He found that the Symptoms recurred every time he took a Dose of Quinine and that the Effects lasted for Several Hours. If he did not take any Quinine, he had No Symptoms.

He then proceeded to Test Out these Reactions of various Herbs and Substances on People that he knew very well, and again noted the Reactions in Great Detail. Hahnemann Tested Substances for the Effect they produced on a Healthy Individual and tried to Deduce from this the Ills they would Heal. From his Research, he initially concluded that Ingesting Substances to produce Noticeable Changes in the Body Resulted in Toxic Effects. These Provings were carried out under Strict Conditions and the Provers were not allowed to Eat or Drink anything that might Confuse the Results.

Samuel Hahnemann found that the Patient's Responses Varied, some showing a few Milder Symptoms in Response to the given Substance, while others Experienced Vigorous Reactions with a Variety of Symptoms. The Symptoms that were most commonly found for each Substance were referred to as a First Line or Keynote Symptom. The Second Line Symptoms were Less Common and the Third Line Symptoms were Rare and Strange. The Combination of Symptoms made up a 'Drug Picture' for each Substance being Tested. Hahnemann continued to carry out his Experiments and Provings, Testing Out a Wide Range of Natural Substances. He had Rediscovered the Principle of 'Like Cures Like' and his Work would bring about the Establishment of a New System of Medicine. What this resulted in was that an Infinitesimal Dose of a Drug that was capable of producing in a Healthy Person a Response similar to a Disease's Primary Symptom could also produce a Reaction that would overcome the Disease in a Sick Person's Body.

This and Related Tenets were set forth in Hahnemann's *Organon of Medicine* and was Published in 1810 and this formed the Conceptual Basis of Homoeopathic Medicine. An Empirical Basis was Provided by Samuel Hahnemann's Monumental '*Materia Medica Pura*' which Comprised Detailed Summaries of 'Provings' for many Plant Substances.



Hahnemann's Homoeopathic Ideas were not well Received by the Medical Establishment. After the Pharmacists refused to Dispense the Miniscule Amounts of Drugs Prescribed by Hahnemann, Hahnemann gave out such Medicines Illegally and some consequently Prosecuted. He Rejected the Medical Practices and Pharmaceutical Industry of his day. His Application of Plant Tinctures and his Counsels of Moderation in Diet and the Ingestion of Coffee, Tea, Alcohol and Tobacco are to be Commended.

And it was from Samuel Hahnemann's Work that inspired Dr. Frederick Foster Hervey Quin (1799 - 1878) to become Famous through the use of Homeopathic Medicine.



Dr. Frederick Foster Hervey Quin was inspired by a Follower of Hahnemann and was responsible for Curing many people of Cholera with Camphor. He had been interested in Homeopathy for quite some time but the Success of his Treatment of Cholera enhanced his Respect for it. It was because of this that in 1832, he set up a Homeopathic Practice in London where he later founded the First Homeopathic Hospital in 1849.

It was the Cholera Epidemic of 1854 that allowed Dr. Quin the chance to Prove the Success of Homeopathic Medicine once again. The results were, however, Oppressed and only Published upon intervention of an Act of Parliament. In his Official Report, the Medical Inspector said, "If it should please the Lord to visit me with Cholera, I would wish to fall into the Hands of a Homeopathic Physician."

The Establishment of Homeopathy in Great Britain was mainly due to the Work that he did after Curing himself of the Disease of Cholera with the Homeopathic Remedy Camphor in 1831.

Quin was Born in London on 12 Feb. 1799, and passed his Early Years at a school at Putney. In 1817 he went to Edinburgh University, where he graduated as a Medical Doctor on 1 Aug. 1820. In December 1820 he went to Rome as Travelling Physician to the Duchess of Devonshire Elizabeth Cavendish until her Death in 1824. On his return to London he was appointed Physician to Napoleon I at St. Helena, but the

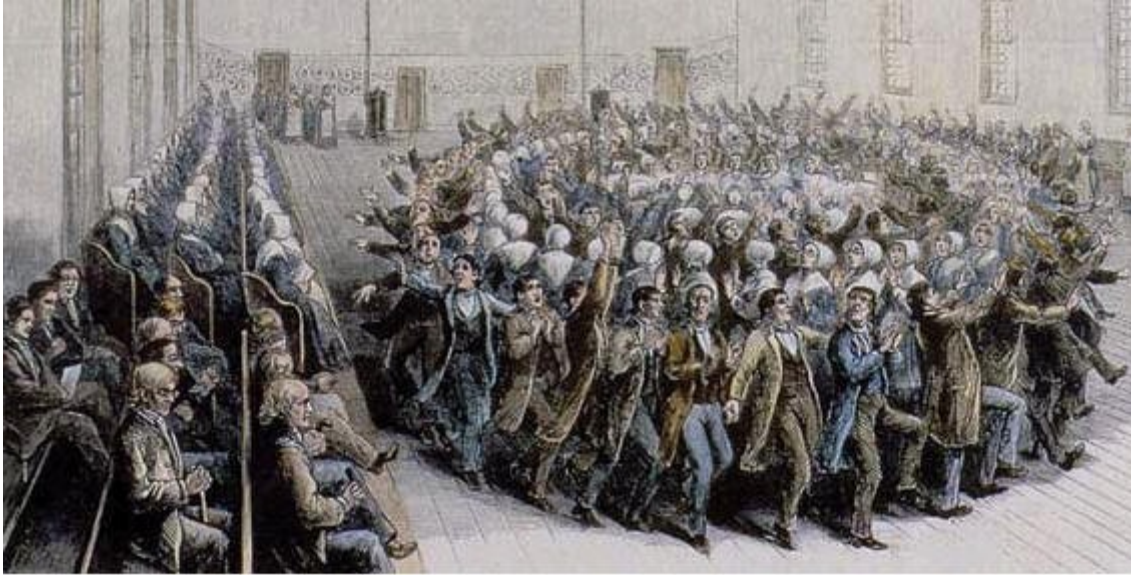
French Emperor Passed Away died on 5 May 1821 before he could leave England. In July 1821 Dr. Quin set up Practice at Naples, and his Social Gifts made him popular with all the English Residents there, who included Sir William Gell, Sir William Drummond, and the Countess of Blessington. At Naples, too, Quin met Dr. Neckar who was a Student of Samuel Hahnemann, the Founder of Homeopathy, and was Impressed by what he learned of the Homeopathic System of Medicine. After visiting Leipzig in 1826, to study the Homeopathic Techinque, Dr. Quin became a proponent of Homeopathy. It was during his Journey back to Naples that introduced to Prince Leopold of Saxe-Coburg whilst in Rome. Prince Leopold then went on to become the King of the Belgians, and soon left Naples to become the New King's Family Physician in England until May 1829.

From May 1829 to September 1831 he practised in Paris on the principles of Hahnemann. In September 1831, after Consulting with Hahnemann on the Treatment of Cholera, he proceeded to Tischnowitz in Moravia, where the Disease was Raging. He himself became Ill with Cholera, but after Healing himself, recommenced his Work, and remained until the Cholera disappeared. His Treatment consisted of giving the Patient a Small Dose of Camphor in the Disease's First Stage, and then Ipecacuanha and Arsenic.

In July 1832, he settled in London at and was Introduced the Homœopathic System into England. In 1839 Quin completed the First Volume of his Translation of Hahnemann's *Materia Medica Pura*, but a Fire at his Printers' destroyed the Whole Edition of Five Hundred Copies, and Failing Health prevented him from Reprinting the Work. In 1843 he established a Short-Lived Homeopathic Dispensary, called the St. James's Homœopathic Dispensary. In 1844 he founded the British Homeopathic Society, of which he was Elected President. Chiefly through his exertions the London Homeopathic Hospital was founded in 1850. It became a Permanent Institution. On 18 Oct. 1859 he was appointed to the Chair of Therapeutics and *Materia Medica* in the Medical School section of his Homeopathic Hospital, and gave Lectures.

Dr. Quin was a Popular Figure in London Society and No Dinner was considered a Success without his presence. His Friends included Charles Dickens. In Manners, Dress, and Love of High-Stepping Horses he imitated Count D'Orsay. After suffering greatly from Asthma, he Passed on 24 Nov. 1878.

The Cultivation of Herbs in America, reached its peak in the 18th Century with the Emergence of the Shakers, so called, because of their Religious Dances.



These People Dedicated to the Celibate Lifestyle and were a small group of People. Simplicity was the Key to their way of Life and Living and they Strongly Believed that 'Beauty Rests on Utility; the Highest Use possesses the Greatest Beauty.' The earliest Shakers relied on Faith Healing and the Laying on of Hands to relieve all but the Most Drastic Illnesses and Injuries and called in Conventional Doctors only as a Last Resort. In general, they Emphasized Prevention rather than Treatment and they often maintained Excellent Health into Old age. They followed a Regular Routine with Scheduled Times for Exercise and Rest, diligently pursued God Hygiene, ate Three Meals a day, Breathed Fresh Air, Drank Pure Water and used little if any Alcohol or Tobacco. When Preventive Measures Failed, they turned to their Gardens and the Surrounding Woods.

Shaker economy was based on agriculture: they became America's professional Herbalists, the first to grow and also the first to sell Herbs on a large scale. The Shakers Cultivated a wide variety about 150 species in all and were soon well known for their high quality of their plants. Among the Herbs sold, were Basil, Tansy, Sage, Horehound, Hyssop and Thyme. They made the herbs into Ointments, Salves, Medicines of all kinds, Pills, and Powders. But for their major source of income most Shaker Communities specialized in Growing a few Garden Herbs and Products in Large Quantities while Growing Combination of a wide diversity of Crops for their own use and a Limited Number of Special Crops to Sell. This was typical of 19<sup>th</sup> Century Farming as other Communities operated on similar lines. The Shakers Herbological Sales was so successful that in its catalog 1851 listed some 356 Medicinal Herbs, 4 Common Culinary Herbs, 181 Fluid Extracts and much more.

One Shaker of note was Elisha Myrick, who kept a Diary of the Shaker way of Life in his Book from the 1850s, "A Diary Kept for the Use and Convenience of the Herb Department". He was an Industrious Harvard Area Shaker who ran their

Community's Lucrative Herb Business for several Decades. The influence of the Shakers lasted for over 100 years, and as a result the interest in Herbs continued in America without interruption.

Then there was Edward Bach (Sept 24th, 1886 - November 27th, 1935) the Inventor of the Bach Flower Remedies:



Born in Birmingham and was the Heir to a Brass Foundry. Deciding to become a Doctor instead of working in the Foundry Industry. He then Studied Medicine at the

University College Hospital . Here he began to develop the notion that Patient's Illnesses were Exacerbated or Brought On by their Mental States. For example, he observed that a Woman who was apparently Suffering from Acute Asthma had been Extremely Worried about the Safety of her Son whom she had not heard from since he had left for Northern England in search of Work. When he did eventually contact her, the Symptoms she had been Suffering Disappeared almost immediately. Similarly, a Man with Stomach Ulcers, who had lost his Job and was unable to support his Wife and Children quickly Recovered when he found Work again.

Bach went on to Study at Cambridge where he acquired a Diploma of Public Health and during World War I was in London in charge of 400 Beds at the University College Hospital. Around this time it was predicted that Bach had just Three Months Left to Live as he had a Malignant Tumor in this Spleen. Fortunately, this was Removed and Bach went on to Employment in the National Temperance Hospital and then later became a successful Harley Street Practitioner.

Bach felt that Vaccines current at the time could be improved upon. In 1919, he took on a New Post at the London Homeopathic Hospital where he personally developed Seven Bacterial "Nosodes" which are still referred to as Bach's Nosodes. It is a Homeopathic Preparation created from either a Sick Person or Animal. This Material is then prepared according to the Homeopathic Processes of Dilution and Succussion. These Essences of these Nosodes seemed to affect the Emotional Well Being of the Patient and also had an affect on Psychiatric Medicine as well. Bach's Nosodes went on to become part of the Modern Homeopathic Pharmacopoeia. However, he became increasingly Interesting in pursue the understanding the part the Patient's State of Mind Played in their Illnesses and to this end, he Strove to find Remedies that would Effectively Produce Mental Well-Being.

Although continuing to Practice in Harley Street, Bach spent his Leisure Hours of 1928 researching various forms of Flora. Utilizing the Knowledge of Testing the Curative Properties of Substances gained at the London Homeopathic Hospital and his Innate Sensitivity to the Mental State of others, Bach noted that if he Prescribed Treatments based on a Patient's Mental State, he could bring them to Greater Health than they were in before.

So impressed was Bach by these Results that in 1930, at the age of 43, he decided to turn his back on Harley Street and London in Favor of the English and Welsh Countryside. Here he would be able to pursue the Goal of finding a set of Medicinal Preparations that would Treat what Bach regarded as the Primary States of Disharmony in the Psyche that Manifested themselves as Illness and Disease.

Away from the City, Bach Studied the Natural Rhythms of the Seasons. During the Spring and Summer, he would go out in Search of Plants that would form the Basis of his Remedies, whilst the Winter was taken up with Treating those who came to see him. Oftentimes, he wouldn't Charge for his Services. Observing the Patients he Treated convinced him more and more that if only the Emotional and Spiritual

Conflicts could be Harmonized then the Natural Healing Potential of the Body could be Unblocked and the conditions of the afflicted could be Healed.

In February 1933, he Published his “Twelve Great Remedies”, which detailed the initial Preparations which he had Discovered. During this period, he began to show his Work to others in the Medical Profession, but was met with Skepticism as well as Condemnation from the General Medical Council when he began to Advertise his Cures in Newspapers. By 1934, he had Developed an Additional Seven Remedies which he wrote of in the Second Edition of his First Work, now Entitled: “The Twelve Healers and Seven Helpers.” Later that year, he was to move to Mount Vernon in Oxfordshire. By 1936, he had created another 19 Remedies which were included in the Third Edition of “The Twelve Healers.

At Age Fifty, and shortly after giving his only Public Lecture on his Work, he Passed Away Unexpectedly and Suddenly at Peace in his Sleep.

In Britain, however, the Custom of Growing Herbs for use in the Home had Largely Died out by the mid-19th century. The Industrial Revolution brought People flocking from everywhere into Towns in search of Work. Small Terraced Houses in the Quickly Growing Towns offered no space for Gardens. Much of the Knowledge for Culinary and Medicinal Herbs use, Declined as Patent Medicines and Table Condiments rose in Popularity. At the same time, the United Kingdom’s Colonies became Increasingly Industrialized, which brought about Mass Migrations from the Countryside to the Cities and inevitably brought with it the Loss of Herbal Lore Based on an Agrarian Economy. This affected the use of Herb in Medicine and in Cooking as well. Within the Dark Overcrowded Slums of the Early Urban Life, they were less easy to find. It is perhaps No Accident that the United Kingdom, the First and the Greatest of the Early Industrialized Nations, went on to become well known for Lacking Herbs within its Food Preparations.

In less intensively industrialized countries like France and Italy, the use of Herbs, particularly in Cookery has never ceased. In Europe, where Herbs Grew Vigorously in the Wild, the Commercial Collection and Cultivation of them was Organized on a Wide Scale. Medicinal Plants were Imported at Relatively Low Cost by Britain. Some Dried Culinary Herbs were also available, but the Quality was Poor and as time went on People ceased to use more than the familiar ones such as Thyme, Parsley, Sage and Rosemary.

The Advances in Scientific Knowledge during the 20th Century, enabled Scientists to Study and Isolate the Chemical Substances of the Plants in order to Artificially Synthesize its Properties. This then meant that an Accurate Dosage could be Administered, and Instant Medicines from the Drugstore became available to all. Synthetic Flavourings Sold in Little Bottles were simple to use in the Kitchen. Modern Manufacturing Techniques meant that there was no longer a need for the Ailing and Expensive Herb Industry to continue in Britain. In the Countryside,

however and particularly in Mediterranean Countries, knowledge of the uses of Herbs Survived.

These days there often seems to be a Losing Battle between Herbalists and Multi-Billion Dollar Drug Companies & the Government Regulatory Agencies. The Pharmaceutical Companies do their best to Downplay the Benefits and Expose the supposed 'Dangers' of using Herbal Preparations while simultaneously Lobbying to have Herbs Legislated Out Of Existence and Prosecuting any Practicing Herbologist who makes a Mistake. They make Herbs, by their Very Nature, look like something difficult to Administer in such a Precise Way as Pharmaceutical Drugs, and it is because of this that Herbal Medications have played little part in Orthodox Medicine. Throughout the 20<sup>th</sup> Century, Herbal Preparations used for Therapeutic Effect were Relegated to being seen in Varying Degrees as some sort of 'Alternative Medicine'.

However, as the use of Pharmaceutical Drugs have become ever more widespread and tales of Harmful Side Effects have become better Known and more & more People have Revisited the Knowledge of the Past. Many Modern Herbalists, whilst Acknowledging the Difficulty of Prescribing Precise Herbal Doses Stress that Herbs often act far more Gently on the Human Body and that the Plants also contain many other Ingredients that are Beneficial besides those Specific Curative Properties required of them.

There are also something slightly Counter Cultural about being Interested in Herbs. Many Drug Companies are seen as Fleecing Poorer Nations or Withholding Medicines from those who cannot Afford them in Developing Countries by making Pharmaceutical Drugs Prohibitively Expensive. At the same time, there is Suspicion that Big Drug Company's Money and Lobbyists to hold sway over the Political Bureaucratic Institutions of the Westernized Nations. And there is Considerable Concern over the way Pharmaceutical Companies Deal with Genetically Modified Plants and the Patenting of such Seeds.

For many, the choice to use Plants Grown Freely in Nature to Effect Cures is not only about the Perceived Superiority of Natural Medicine, it is also a stand against Monolithic and Virtually Unaccountable Big Business that seem to Threaten not only the Quality of Human Life, but the Well Being of our Planet Earth as well.

It is therefore No Surprise that Herbalism is often Strongly Identified with what it means to be a Druid, which is Strongly Counter Culture Religion that stand for a Desire to see a More Harmonious use of the Earth's Resources. For Druids, Herbs are not only seen as having Practical Medicinal uses, but also having Important Properties that Enhance Mystical Visions, Spirituality and Aids in Magical Workings. Modern Druids often see Herbs in a similar way as how our Ancient Ancestors would have done in Pre-Industrial Times where they were Valuable and how Plant Life could do Incredible Things in many areas of Life. Today we can explain Herbal Curative Properties with Science. Herbs use in Magic has often become



Standardized and Quite Formulaic, but the Sense of Wonder has not been Diminished and our Greater Understanding of Herbal Properties on Human Life has just added to their Effectiveness and ease of use.

Thus, during the last 40 years, there has been a Dramatic Revival in the Interest of the uses of Herbs on both sides of the Atlantic. Bulk Processing and the addition of Preservatives to Food has resulted in loss of Natural Flavour, Colour and Aroma. The Palate is dulled by these Artificial Agents. Many People, anxious to use the Herbs again in order to taste the Delicious Natural Flavourings, and to benefit from their Nutritional Value, are seeking out Recipes for Meals which include Herbs. Others, sensitive to the possible side effects of certain Synthetic Products including Medicines, are looking towards the Natural Therapies, like Herbal Medicines, which can be used to Treat many Ailments and Illnesses. Thankfully, the values of this Knowledge of Herbs and Plants are again being Recognized.

## The Spiritual Aspects Of Herbs:

There are various Spiritual Aspects of Herbs that have been used by Pagans, Buddhists as well as Druids. There are many thing which Herbs correspond to which will aid the Spiritual/Magical Processes of Life. There include them be associated with the Planets, the Zodiac, the Genders, the Four Sacred Elements, and their Qualities. The Two Main Areas in which Herbs may be found to be useful are when they are used as Incenses, Charms or Satchets.

Incenses are made from Herbs can be useful in Healing, Divination, Seasonal Festivals and assist with the Engendering Altered States of Consciousness. Incenses can be Tailor-Made to Suite One's Needs.

Herbs are useful additions for Charms or Satchets. They often provide Aroma and need to be Physically Ground during their Preparation. This Assists with imparting One's Intent upon the Plant Matter being used.

Here are the Spiritual Aspects of Herbs:

Agrimony -

Helps to overcome Fear, Dispel Negative Emotions, and Overcome Inner Blockages.

Alfalfa -

Brings Prosperity, prevents Hunger Pains and attracts Money.

Allspice -

Brings Money, Luck and Healing.

Almond -

Brings Money, Prosperity and Wisdom.

Aloe -

Brings Protection and Luck.

Alyssum -

Provides Protection and helps to Moderate Anger.

Amaranth -

Encourages Healing, Provides Protections and makes ones Mistakes become Invisible.

Amber -

Brings Mental Clarity and Focus. Provides Protection from Harmful Outside Influences and Psychic Attacks.

Anemone -

Maintains Good Health, and Brings Protection.

Anise -

Enhances Psychic Openings, Clairvoyance and Opens the Third Eye. Favored in Afro-Diasporic Traditions for use before and during Ritual to aid in Perception of and Connecting with the Divine.

Angelica -

Invokes Exorcism, Provides Protection and Healing. It also brings on Visions.

Apple -

Invokes the Emotion of Love, Provides Healing, and Promotes Immortality. It helps to create Garden Magic.

Apricot -

Produces the Emotion of Love.

Aster -

Produces the Emotion of Love.

Azalea -

Encourages Light Spirits, Happiness and Gaiety.

Avocado -

Brings Love, Lust and Beauty.

Bamboo -

Brings Protection, Luck, Hex Breaking, and Provides Wishes.

Banana -

Promotes Fertility, Potency and Prosperity.

Barley -

Provides Love, Healing, and Protection.

Basil -

Brings Love, Wealth, Protection and Invokes Exorcism.

Bayberry -

Brings Good Fortune, Blessings, Money and Prosperity.

Bay Leaf -

Provides Protection, Healing, Purification and Enhances Psychic Powers.

Bedstraw -

Invokes the Emotion of Love.

Benzoin -

Creates Purification and Prosperity.

Bergamot Orange -

Brings Money.

Birch -

Provides Protection, Purification and Invokes Exorcism.

Blackberry -  
Promotes Healing, Brings Money and Provides Protection.

Blueberry -  
Provides Protection.

Orange -  
Creates Strong Courage and Psychic Powers.

Brazil Nut -  
Brings Good Luck in Love Affairs.

Cabbage -  
Creates Good Luck.

Cactus -  
Provides Protection and Ensures Chastity.

Camellia -  
Brings Riches.

Camphor -  
Increases One's Persuasiveness and Personal Influences. Adds Strength to any Mixture of Spiritual Herbs that it is Added to. Also used for Purification.

Caper -  
Provides Potency, Lust, and Luck.

Caraway -  
Provides Protection, Promotes Lust, Ensures Good Health. It Creates Anti-Theft and Mental Powers.

Cardamom -  
Creates Lust and Love.

Carnation -  
Provides Protection, Strength, and Good Healing.

Carob -  
Provides Protection, Strength, and Healing.

Carrot -  
Provides Good Fertility and Creates Lust.

Cashew -  
Brings Money.

Catnip -  
Creates Cat Magic, Love, Beauty and Happiness.

Cayenne Pepper -  
Provides Cleansing and Purification. Repels Negativity. Speeds up the effect of any Mixture of Spiritual Herbs that it is added to.

Cedar -  
Promotes Healing, Purification, and Creates Money and Protection.

Celery -  
Enhances Mental Powers, Psychic Powers, and Lust.

Chamomile -  
Attracts Money, Brings Sleep, Attracts Love and Creates Purification.

Cherry -  
Attracts Love, Enhances Divination Abilities, Creates Happiness and Gaiety.

Chestnut -

Attracts Love.  
Chickweed -  
Creates Fertility and Love.  
Chicory -  
Removes Obstacles, Brings Favors and Removes Frigidity.  
Chilli Peppers -  
Creates Fidelity, Breaks Hexes, and Brings Love.  
Chives -  
Brings Protection.  
Chrysanthemum -  
Brings Protection.  
Cinnamon -  
Enhances Spirituality, Success, Healing, and Spiritual Power.  
Cinquefoil -  
Provides Protection. Stimulates Memory, Eloquence and Self Confidence.  
Citronella -  
Promotes Eloquence and Persuasiveness.  
Clove -  
Provides Protection, Invokes Exorcism, Brings Love and Money.  
Clover -  
Provides Protection, Brings Money, Love, Fidelity and Invokes Exorcism. It also Brings Success.  
Club Moss -  
Provides Protection and Enhances Spiritual Power.  
Coconut -  
Brings Purification, Brings Protection, and Enhances Chastity.  
Coffee -  
Provides Protection from Negativity. Brings Peace of Mind. Helps to Dispel Negative Thoughts and Nightmares. Helps to Overcome Internal Blockages.  
Columbine -  
Creates Courage and Attracts Love.  
Comfrey -  
Provides Safety during Travel and Attracts Money.  
Coriander -  
Attracts Love, Good Health and Healing.  
Corn -  
Provides Protection, Luck and Enhances Divinatory Abilities.  
Cucumber -  
Ensures Chastity, Promotes Healing and Fertility.  
Cumin -  
Provides Protection, Fidelity and Invokes Exorcism.  
Curry -  
Provides Protection.  
Cyclamen -  
Provides Fertility, Protection, Happiness and Create Lust.  
Cypress -

Creates a Calm Tranquil Spiritual Opening. Associated with Death and Mourning. Stimulates Healing and helps to Overcome the Pain of Loss.

Daffodil -

Attracts Love, Fertility and Good Luck.

Daisy -

Creates Lust and Bring Luck.

Dill -

Provides Protection, Creates Lust, Brings Money and Luck.

Eucalyptus -

Provides Spiritual Cleansing, Purification and Healing. Helps to Overcome Spiritual Blockages.

Fennel -

Creates Strength.

Fenugreek -

Brings Mental Clarity, Focus and Dispels Negativity.

Fern -

Provides Cleansing and Purification. Its Dispels Negativity.

Fox Glove -

Sooths and Calming. Draws Peace and Tranquility. Repels Negativity.

Frangipani -

Attracts Love, Trust and Admiration. Promotes Openness in those around yourself.

Galangal -

Success in Court or Legal Disputes.

Gardenia -

Promotes Peace, Repels Strife and Protects from Outsides Influences.

Garlic -

Provides Cleansing and Purification. Used to Dispel Depression, Negativity, and Obsessive Thoughts. Draws Money, Prosperity. Also used as a Strong Protector.

Geranium -

Overcomes Negative Thoughts and Attitudes, Lifts Spirits. Promotes Protection and Happiness.

Ginger -

Draws Adventure and New Experiences. Promotes Sensuality, Sexuality, Personal Confidence and Prosperity. Adds to the Strength of any Mixture of Herbs which is it a Part and makes the Magic Work More Quickly.

Ginseng -

Asian variety of Mandrake. Promotes Vitality, Strength and Personal Power.

Heightens Sex Drive and Sexual Attractiveness.

Grapefruit -

Provides Cleansing and Purification.

Hawthorn -

Brings Happiness and Repels Depression. Dispels Troubles and Sadness.

Honeysuckle -

Draws Success and Attracts Money. Aids in Persuasiveness, Confidence and Sharpens Intuition.

Hyacinth -

Attracts Love, Luck and Good Fortune. Promotes Peace of Mind and Sleep. Named for Hiakinthos, the Greek God of Homosexual Love.

Hyssop -

Promotes Spiritual Cleansing. Also used for Cleansing and Purification. Lightens Vibrations.

Jasmine -

Brings Love, Success, Spiritual Aid and Opening. Connected to the Moon and Lunar Magic.

Juniper -

Provides Protection, Purification and Healing.

Lavender -

Brings Peace and Tranquility.

Lemon -

Creates Cleansing, and Purification. Removes Blockages and Encourages Spiritual Openings.

Lemon Balm -

Brings Success and Healing.

Lemon Grass -

Provides Psychic Cleansing and Openings.

Lilac -

Promotes Wisdom, Improves Memory, Brings Good Luck and Spiritual Aid.

Lime -

Used for Purification and Protection. Promotes Calmness and Tranquility. Also Strengthens Love.

Linden -

Draws Friendship and Love. Also Promotes Healing and Rejuvenation.

Lotus -

Creates Psychic Openings and Spiritual Growth.

Mace -

Promotes Self-Discipline and helps to Focus Concentration. It is Good for Meditation and Studying.

Magnolia -

Promotes Psychic Development. Aids Meditation and Spiritual Openings. Promotes Harmony, Peace, and Tranquility.

Mandrake -

Increases Vitality, Strength and Personal Power. Heightens Sex Drive and Sexual Attractiveness.

Marigold -

Strengthens the Heart, Attracts Respect and Admiration.

Marjoram -

Provides Personal Cleansing and Purification. Dispels Negativity.

Mimosa -

Aids Psychic Development and Clairvoyance. Draws Prophetic Dreams.

Mint -

Promotes Energy, Vitality, and Good Communications. Draws Customers to a Business.

Mistletoe -

Promotes Prosperity, Draws Customers, Brings Money and Business.

Mugwort -

Promotes Psychic Openings, Clairvoyance and Prophetic Dreams.

Mustard Seed -

Increases Courage, Faith and Endurance.

Myrrh -

Provides Spiritual Openings, Good Meditations and Healing.

Myrtle -

Provides Psychic Openings and is a Spiritual Aid. Enhances any Mixture of Herbs that it is added to.

Narcissus -

Promotes Harmony, Tranquility and Peace of Mind. Calms Vibrations of the Soul.

Neroli -

Brings Joy, Happiness and Overcomes Emotional Blockages.

Nutmeg -

Aids achieving Clarity, Brings Good Perception and the Ability to See Below Surfaces. Promotes Social Interaction, and Emotional Openness. Improves Personal Confidence.

Oak Moss -

Draws Money, Prosperity and Good Fortune.

Onion or Onion Skins -

Provides Protection, Stability and Endurance. Also Brings Prosperity.

Orange or Orange Blossoms -

Brings Harmony, Peace Emotional Openness and Love. Attracts Prosperity and Stability. Also used for Purification. Considered Very Solar.

Orchid -

Improves Concentration, Focus, and Will Power. Also Strengthens Memory.

Oregano -

Provides Joy, Strength, Vitality and Added Energy.

Orris -

Promotes Popularity, Persuasiveness, and Personal Success. Aids in Communications and helps to Open Dialogues. Also used to Draw Love and Romance.

Parsley -

Calms and Protects the Home. Draws Good Luck, Prosperity and Financial Success. Also gives Added Energy and Vitality.

Patchouli -

Helps Overcome the Anger of others, Calms Strife, Draws Peace and helps Settle Arguments. Provides Prosperity, Confidence, and Personal Strength.

Peach -

Induces Love, Gains Wisdom and Increases Fertility.

Pecan -

Brings Good Employment.

Pennyroyal -

Draws the Help of Others. Promotes Co-operation and Financial Assistance from Outside Sources.

Peony -

Promotes Good Luck, Good Fortune, Prosperity and Business Success. The Peony Seed, however, is sometimes referred to as "Jumpy Bean", which refers to its ability to Promote Dissension and Strife.

Peppermint -

Promotes Strength, Vitality, Movement and Change. When added to a Mixture, it Speeds Up the effect of the other Ingredients. It is also used for Purification.

Pine -

Provides Cleansing, and Purification. Promotes Clean Breaks and New Beginnings. Repels Negativity. Also Promotes Prosperity, Growth and Success.

Plumeria -

Promotes Persuasiveness, Eloquence and Success in dealing with People. Attracts the Notice of others.

Poppy -

Increases Fertility, Abundance, and Prosperity.

Primrose -

Promotes the Disclosure of Secrets.

Rose -

Attracts Love, Peace, Harmony and Tranquility. Associated in Ancient Times with the Goddess form of Deity, especially in the form of Isis.

Rose Geranium -

Brings Blessings and Protection. Averts Negativity, especially in the form of Gossip or False Accusations.

Rosemary -

Used for Spiritual Cleansing, Purification and for Strong Protection. Also Promotes Healing and Strengthens Memory. Said to draw the Aid of Spirits, Fairies, and Elves.

Rue -

Provides Protection, Repels Negativity, and Calms Emotions. It is a Herb for Grounding and Good for Smudging, as well as Psychic Cleansing. Also Draws Prosperity by Removing Blockages.

Saffron -

Promotes Clairvoyance and Psychism. Also Attracts Prosperity and Good Fortune through Spiritual Openness.

Sage -

Used for Cleansing and Purification. Promotes Wisdom and Psychic Openings. Also Promotes Mental Clarity.

Sandalwood -

Provides Blessings, Healing, and Spirituality. Promotes Clairvoyance and Psychic Openings. Also used for Protection and Banishing Negativity.

St Johns Wort -

Provides Protection. Removes Negativity, Disperses Depression, and Anxiety.



Savory -

Increases Sensuality, Sexuality and Passion. Good for Sexual Magic.

Sesame -

Opens Doors, Draws New Opportunities, New Directions and Hope. Dispels Depression and Negativity.

Skullcap -

Improves Relaxation and Peace. Protects the Female against Partner Adultery.

Spanish Moss -

Provides Protection, Dispels Negativity and Opens Blockages.

Spearmint -

Increases Sharpness, Mental Awareness, and Power.

Spikenard -

Brings Blessings, Psychic Opening and Spiritual Elevation.

Strawberry -

Attracts Success, Good Fortune and Favorable Circumstances.

Sweet Pea -

Draws out the Loyalty and Affection of others. Attracts Friends and Allies.

Tangerine -

Promotes Strength, Vitality, and Increases Energy.

Thyme -

Provides Purification, Healing and Strength. Attracts Loyalty, Affection, and the Good Opinion of Others.

Tobacco -

Used to Promote Peace, Confidence and Personal Strength. Also Promotes Love and Sensuality. Also used for Protection and Freedom from Outside Influences.

Tonka Bean -

Draws Love, Money, Promotes the Accomplishment of Goals.

Tuberose -

Brings Serenity, Peace and Tranquility. Calms the Nerves and Promotes Romance and Sensual Love.

Vanilla Bean -

Restores Lost Energy and Improves the Mind.

Verbena -

Provides Protection and Repels Negativity. Promotes Peace and Tranquility.

Vetivert -

Provides Protection, Overcomes Obstacles and Repels Negativity. Also Draws in Money and Prosperity.

Violet -

Promotes Peace, Tranquility and Happiness. It helps Calming the Nerves, Draws Prophetic Dreams and Visions. Stimulates Creativity.

Willow -

Used for Drawing and Strengthening Love, Healing, and Overcoming Sadness. It is associated with Lunar Magic.

Wintergreen -

Repels Disharmony, Negativity and Disease. Promotes Good Health, Tranquility and Peace in the Home.

Wisteria –

Raises Spiritual Vibrations. Promotes Psychic Openings and Overcoming Obstacles. It helps to Draw Prosperity.

Wood Aloe –

Provides Protection, Success and Prosperity. Often used in Concentration.

Wormwood –

Overcomes Negativity and Breaks Through Obstacles. Especially useful for Dealing with Spirits of the Ancestors.

Yarrow –

Promotes Courage, Confidence and Psychic Openings. Draws Love.

Ylang Ylang –

Increases Sexual Attraction and Persuasiveness.

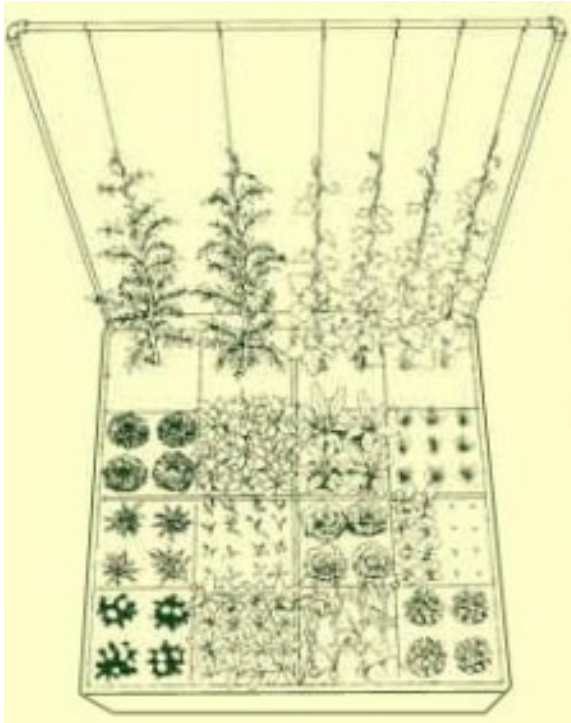
—

## How to Grow And Cultivate Herbs:

For Gardens where you want a Raised Surface to Garden on or for areas that are Small there is the Square Foot Gardening Method that was perfected by Mel Bartholomew.



.The Original Square Foot Gardening Method used an Open Bottomed Box so that one can use the Soil in the Ground as well as what is added to the Box to Raise it up so that one does not have to stoop over as much to work on their Gardens. This is Divided into One Foot Grid Sections. The Advantage of this Method Encourages a variety of Different Crops over Time. Each Square can be Planted with a different type of Plant, Herb, or Vegetable. The Number of Plants per Square Foot depends on the Individual Plant's Size. A Single Tomato Plant might take a Full Square Foot, as well as other Herbs such as Oregano, Basil or Mint. Other Plants such as the Strawberry Plants can be Planted with Four per Square Foot. Then there can be up to Sixteen Radishes per Square Foot. Tall or Climbing Plants such as Corn or Pole Beans might be Planted on the Northern Row so as not to Shade other Plants, and Supported with a Lattice or Netting. These Boxes with Climbing Plants should be located on the Northern Section of your Yard or Patio.



The Logic behind using Smaller Beds is that they are Easily Adapted, and the Gardener can easily reach the Entire Area, without Stepping On and Compacting the Soil. It is suggested that one should use a "Weed Barrier" beneath the Box, and filling it completely with a combination of One Third of Sphagnum Peat Moss, One Third Expanded Vermiculite and One Third Blended Compost. For Accessibility, the Raised Boxes may have Bottoms to sit like Tables at a Convenient Height, with approximately 15cm of Manufactured Soil per Square Foot.

In this method, the Garden Space is Divided into Beds that are easily accessed from every side. A 4' x 4', 16 sq ft Garden is recommended for the First Garden, and a Path wide enough to Comfortably Work from should be made on each side of the Bed. If Grass Sod is applied between the Boxes, make sure that the Path is wide enough for your Lawn Mower to fit through. Each of the Beds is Divided into approximately One Square Foot Units and Marked Out with Sticks, Twine, or Sturdy Slats to ensure that the Square Foot Units remain Visible as the Garden Matures.



Here are some examples of what a Square Foot Garden looks like:



Here is an Example of how Plants, Herbs and Vegetables can be laid out in a Square Foot Garden:

- |                         |                              |                            |                                     |
|-------------------------|------------------------------|----------------------------|-------------------------------------|
| 1 little finger carrots | 7 cascadia bush snap peas    | 13 georgian crystal garlic | 19 yellow granex hybrid onion       |
| 2 snowball cauliflower  | 8 hybrid spinach             | 14 georgian fire garlic    | 20 uchiki kuri winter squash        |
| 3 waltham broccoli      | 9 red russian kale           | 15 german red garlic       | 21 delicata winter squash           |
| 4 cabbage               | 10 arugala                   | 16 polish red garlic       | 22 burgess butter cup winter squash |
| 5 scarlet globe radish  | 11 green deer tongue lettuce | 17 mustang onion           | 23 mibuna                           |
| 6 sugar snap peas       | 12 tom thumb lettuce         | 18 red wing onion          | 24 prize choy                       |

|    |                         |                                  |                                  |                                  |                |                                          |                                  |                                  |                                          |            |            |    |
|----|-------------------------|----------------------------------|----------------------------------|----------------------------------|----------------|------------------------------------------|----------------------------------|----------------------------------|------------------------------------------|------------|------------|----|
| 3  | 20                      | 11 11 11<br>11 11 11<br>11 11 11 | 21                               | 24 24<br>24 24                   | 20             | 1 1 1 1<br>1 1 1 1<br>1 1 1 1<br>1 1 1 1 | 8 8 8<br>8 8 8<br>8 8 8          | 21                               | 5 5 5 5<br>5 5 5 5<br>5 5 5 5<br>5 5 5 5 | 9 9<br>9 9 | 9 9<br>9 9 | 14 |
| 22 | 3                       | 10 10 10<br>10 10 10<br>10 10 10 | 12 12 12<br>12 12 12<br>12 12 12 | 8 8 8<br>8 8 8<br>8 8 8          | 24 24<br>24 24 | 1 1 1 1<br>1 1 1 1<br>1 1 1 1<br>1 1 1 1 | 12 12 12<br>12 12 12<br>12 12 12 | 11 11 11<br>11 11 11<br>11 11 11 | 5 5 5 5<br>5 5 5 5<br>5 5 5 5<br>5 5 5 5 | 9 9<br>9 9 | 9 9<br>9 9 | 15 |
| 3  | 8 8 8<br>8 8 8<br>8 8 8 | 4                                | 2                                | 10 10 10<br>10 10 10<br>10 10 10 | 2              | 3                                        | 3                                | 3                                | 3                                        | 3          | 3          | 16 |
| 22 | 4                       | 23 23<br>23 23                   | 4                                | 2                                | 23 23<br>23 23 | 2                                        | 2                                | 2                                | 4                                        | 4          | 4          |    |
| 19 | 18                      | 18                               | 17                               | 17                               |                | 17                                       | 13                               | 13                               | 13                                       | 13         |            |    |

The Square Foot Garden Beds are Weeded and Watered from the Pathways, so the Garden Soil is never Stepped On or Compacted. Because a New Soil Mixture is used to Create the Garden, and a few handfuls of New Soil Mixture is added with each New Harvest to maintain Soil Fertility over time, the state of the Site's Underlying Soil is Irrelevant.

The Square Foot Gardening Method has been Employed Successfully in every Region, including in Deserts, on High Arid Mountain Plateaus, in Cramped Urban Locations, and even in areas with Polluted or High Salinated Soils. It is equally useful for Growing Flowers, Vegetables, Herbs and some Fruits in Square Foot Boxes with Raised Beds. Square Foot Gardens can be done on Old Tabletops or at Ground Level, in at least 150 mm of Soil. With a few Seeds Sown per Square Foot with the ability to Water by Hand, and to set up the Initial Garden in a Sunny Position or where a Container, Table or Platform Garden may be Moved on Wheels to Receive Light is all that is needed to set up a Square Foot Garden.



When Deeper Square Foot Gardens are needed to Plants, Trees or Bushes which have Roots that need to go Deeper, the Square Foot Boxes can be Tiered up. This can be done in a Step Pyramid sort of Form.



Many Herbs can Survive in Poor Stony Ground, but few can Survive Water-Logged Soil. Ideally, they prefer a Light Open Soil which is able to Retain Moisture and Nutrients and well Aerated. To help them Thrive, prepare the Soil early in Spring before doing your Sowing or Planting. Dig and turn the Soil to a Fairly Deeply and Rake to create a Smooth Level Surface. Allow the Soil to Settle at least One Week before Planting Your Seeds. To Increase Air Spaces and Drainage in Heavy Soils, all you have to do is Dig the Soil over in Early Winter, as the following Frosts will help to Break Down the Solid Clods of Earth. In early Spring, mix in Vermiculite, Compost, and Potting Soil into the Top Soil with a Small Dose of Nitrogen Based Fertilizer. The Compost helps to Supply a more Fibrous Texture and to adds more Nutrients.

Aromatic Mediterranean Herbs, such as Rosemary, Sage, Thyme, Lavender or Savory, tend to Grow better in Drier Sunny conditions with plenty of Drainage. If the soil is particularly Water-Logged, you can improve it by Building a Rubble Drain.

Dig an 18 in- 2ft {45-60 cm} Deep Ditch Angled toward an Existing Ditch or Drainage Facility. Half Fill with Coarse Rubble and Cover with a 3 in {8cm} Layer of Gravel and then Replace the Top Soil. For a more Permanent Solution, make the Ditch 2 ft 6 ins-3ft {75 cm - 1m} Deep with Plastic Drainage Pipes along the Bottom leading to a Soak away and proceed as before. Alternatively, if the Soil is prone to being Water-Logged, consider making Raised Beds using the Square Foot Gardening methods..

While preparing the Soil for Planting, it is important to get rid of those Irritating Weeds, such as Dandelion, Pepper Weed, Tufted Vetch, Common Grass and Ground Moss which can take over a Herb Garden very quickly. Dig up Weeds taking care not to break the Roots, or they will Re-grow. Fork out longer Strangling Subcutaneous Roots over a period of One Month. Dig through the Soil at Weekly Intervals. Don't throw Uprooted Weeds onto the Compost Heap because they will Regrow. It is better to throw Pulled Weeds into a Compost Box that is covered to prevent Sunlight from getting at it giving it the necessary Energy to Regrow.

Light Free-Draining Sandy Soil does not hold Moisture and is usually Low in Nutrients. Although some Herbs can thrive on such a Soils such Soil tends to Respond Badly to Excess Moisture, Manure or Fertilizers, although some Herbs such as Mint and Chives, may benefit from such additions. These are best worked in after the Winter Rains so that most of the Nutrients will be available to Aid Spring Growth. Peat Moss helps to Retain Moisture but it does not contribute any Nutrients and may make the Soil too Acidic if used in Large Quantities. Most Herbs are like Vegetables in their preference for a slightly more Alkaline Soil. If your Soil is Acidic, add a Sprinkling of Lime, which is not a Plant-Food, but acts as a Catalyst to help the Plants take up the Nutrients present. Use the Lowest Amount Recommended. Ashes from Wood Fires contribute Lime and Potash to the Soil.

Avoid using Artificial Fertilizers, as these can make the Herb's Growth Too Lush, which could result in a plant with Poor Flavour. Use Artificial Fertilizers only if growth is Poor or Mineral Deficiencies are quite apparent.

Once Herbs are Established, they will Benefit from a Mulch, which is a Covering of Organic Matter, which you can Spread over the Soil. The Mulch helps to stop the Soil Drying Out and Provides Extra Nutrients. Applied during the Growing Season, it Boosts Lush Growth in Salad Herbs, such as Sorrel and Purslane, and in Shade & Moisture Loving Herbs, such as Mint, Angelica and Sweet Cicely. Mulches can also Protect Plant Roots from Frosts. Mulching is usually most Beneficial after Heavy Rain. Spread Light Organic Matter over the Soil and around Plants in a layer up to



3 ins {8 cm} Deep. Mulching also helps to Control Weed Growth by Blocking Out the Sunlight. I have actually found that Grass Clippings make an Excellent Mulch.

This Herbicidal Experiment was conducted due to that fact that my 2008 Landscaping Supervisor always insisted on one keeping Grass Clippings out of Garden Beds due to the fact that he thought that the Grass Clippings in a Garden Bed would eventually take Root and Grow becoming Weeds.

So what I did is I found a person who donated the use of her Front Garden Bed in which I could do this Experiment to see if Grass Clippings would take Root and Grow.

It was a Circular Garden Bed in which there was a Tomato Plant growing and I was employed in mowing the surrounding Grass.

So in order to test out that Supervisor's opinion that Grass Clipping growing in a Garden Bed, I took some Grass Clippings from my private Client's Lawn and deliberately put it into the Garden Bed. I put between an 1/4 to 1/2 inch thick of Grass Clippings all over the Garden Bed.

Here is a Picture of the Garden Bed:



For the first three months, not only did a single blade of Grass not pop up from amongst the Grass Clippings, but no other Weed poked their way up through the bed of Grass Clippings.

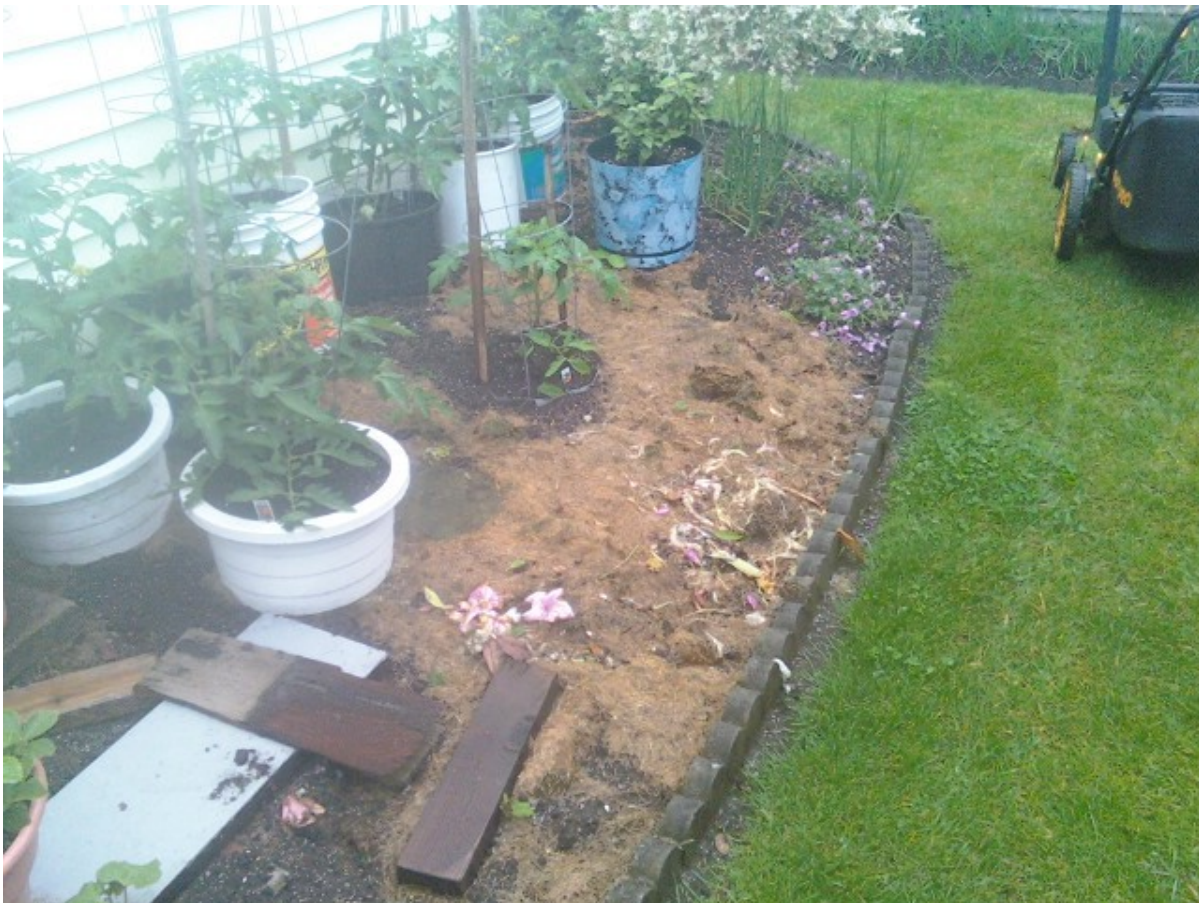
Then after those Three Months, my Client (without my knowledge or consent) raked out some of the Grass Clippings making gaps in Grass Clippings, and within a Month, several kinds of Weeds started

growing in through the gaps in the Grass Clippings. That was mainly Clovers, Pepper Weed and Dandelions.

But the parts of the Bed that were still covered with Grass Clippings continued to have no Weeds coming up.

It suddenly appeared to me that Grass Clippings put in a Garden Bed not only does not promote the growth of Weeds, but actually acts as Anti Weed Mulch.

So is a picture of a Garden Bed in which Grass Clippings is being used as a Weed Suppressing Mulch:



After about 3 months, the Grass Mulch should have done its job in killing all Weeds and can then the Grass Mulch can either be removed, or covered over with Potting Soil to make it look perfect without much of a chance of the Weeds ever growing back.

Actually, I discovered this season of Landscaping that similarly to its Genus Cousin Bamboo, which grows out through Subcutaneous Roots, Grass also spreads with Subcutaneous Roots. It is actually through its Subcutaneous Root Systems that Grass grows into Garden Beds. Here is a Picture of a Grass Root System that I found growing into a Garden Bed:





So I found that it is not through Grass Clippings being left in a Garden Bed, as my 2008 Landscaping Supervisor thought, that causes Grass to grow into Garden Beds, but through its Subcutaneous Root Systems.

So in conclusion, I found that Grass Clippings work excellently as a Weed Suppression Mulch. So I think that all Landscapers should encourage their Clients to use Grass Clippings as a Natural Antiweed Mulch.

So instead of taking away the first Spring's Grass Cuttings, we should be using such Grass Cuttings in their Garden Beds to use as a Weed Suppressing Mulch. I am fairly confident that putting about 1/4 inch of Grass Clipping all over a Garden Bed would successfully suppress the germination of all Weeds as well as Grass similarly as any other Garden Anti-Suppression Mulch.

#### Plant Propagation:

Many Herbs will Grow from Seed and readily Self-Seed itself once established in a Garden. A Large Proportion can also be Grown from Cutting and Dividing Live Plants and Herbs. Annual Plants are best Sown on Site where you wish them to Grow as any Root Disturbances in Transplanting may cause them to go to Seed before they have produced a useful Crop of Leaves. Parsley Seed is exceptionally Slow to Germinate, so one has to have Patience. As a Rule, Sow Seed in mid to late Spring after the Soil has been Prepared and Warmed Up. Sow Seeds thinly and in Shallow Drills. If the Soil feels Heavy and Lumpy, spread a layer of Sand along the Drill to give Seed a better start. Barely Cover the Seeds with a Fine Sprinkling of Soil and Tap down Gently. Water with a Fine Spray, then mark each Row with the Name of the Herb and date of Seed Sowing. Covering the Soil with Cloches gives Seeds a Head Start and provides Protection from Late Frosts and Wildlife. Basically a Cloche is a Clear Plastic Cover

for the Seed. Lay the Cloches in a Position a few Week prior to Sowing so that this Warms Up the Soil. Thin out the Seedlings when they have reached a certain height of 5 – 10 sm. Water the Soil before you remove them gently out of the Soil, handling them with care when you Replant them.

It is better to Grow Expensive or Rare Seeds Indoors, where they may be protected and all the Conditions can be Carefully Controlled. Making a Shallow Seed Tray 5 cm Deep is good for Sowing Small Seeds. Small Pots can also be used and are better if you only wish to Sow a few Seeds. If you are using Deeper Containers, fill the Lower Section with Clean Drainage Material such as Gravel, Small Stones, or Broken Crocks. Add Growing Mixture to within 6 mm of the Top of the Planting Tray. Give the Soil in the Tray or Pot a Sharp Downward Tap and Press Lightly on the Surface of the Soil. If the Mixture is Very Dry, you can Lightly Water and leave to Drain. Sow Seeds Thinly, Mixing Fine Seeds so that they Spread Out Evenly. Sprinkle over a Fine Layer of Potting Soil to hold the Seed in Place and Cover the Larger Seeds with a Layer of Potting Mixture as Deep as the Seed. Water with a Light Spray. Label, Date and Cover them with a Glass/Plastic Lid. This gives it a Greenhouse Effect. Shallow Trays are best for Small Seeds, but it is recommended to use Small Pots when using a few Seeds only.

The Seeds will Germinate Faster in Warmer Weather or Environment, like Indoors or in a Greenhouse. The Seeds and Seedlings need to be Watched Carefully Daily. If Extra Watering is Required, stand the Pot Bases in Water until the Top becomes Damp. When Sprouting begins, move the Trays into the Light Gradually. Shade the Seedlings from the Bright Sunlight day in and day off until they adjust to the Sunlight.

As soon as the Plants are Large enough to Handle, then it is Time to Transplant them into a Larger Pot in order to prevent the Seedlings from Overcrowding. Wait until the First Pair of True Leaves have formed. Handle the Young Seedlings by the Stem and remove them Carefully from the Soil to avoid Breaking or Bruising their Tiny New Roots. Make a Hole into your Square Foot Garden Bed and Insert the Seedling. Firm down the Compost, Water and place in a Light Location but out of Direct Sunlight. Once the Seedlings are Growing Well, Remove Lesser Well Grown Ones and Leave the Strongest Herb Seedlings behind. You can Replant the Lesser Well Grown Herbs to another Pot or Garden Bed until they Grow Bigger and then leave them to Grow Bigger.

Herbs can also be Grown easily using Vegetative means of Propagation by doing Cuttings, Dividing them, and Layering the Herbs. With these methods, you may be more certain with Resulting in Flowering and Better Leaf Shapes and Colours of the New Herbal Plant.

There are 3 Main Types of Stem Cuttings which are suitable for Herbs. They are Softwood Cuttings (from New Shoots which have not yet Hardened), Semi Hardwood (from New Growth when it has started to Harden at the Base), and Hardwood (from Woody Shrubs and Trees). Softwood Cutting are taken in Late Spring from Strong New Growth, in Late Summer after it has Flowered. Semi-Hardwood Cuttings are taken from Midsummer to Mid-Autumn, from Herbs such as Rosemary. Hardwood Cuttings are taken in Mid to Late Autumn.

In order to do a Cutting, take Sturdy Pieces 5-10 cm long, with plenty of Leaves. For Semi-Hardwood Cuttings, take Pieces 10 – 15 cm long, and for Hardwood Cuttings, take Pieces 15 – 38 cm long. Take Cuttings from just below a Leaf Node, or Joint, using a Sharp Clippers making sure that the Herb has No Raw Edges, but only Clean Cut Edges. If the Cutting is Torn from the Stem, this may Damage the Plant. Strip the Lower Few Leaves, perhaps a 3<sup>rd</sup> of them, taking care not to Rip the Stem or Damage it. Allow the Cutting to sit in a Vase of Mineral Water for a Time until some Little Roots have appeared. Then put the Cutting into some Light Moist Potting Soil that has lots of Nutrients for the New Rootlets to take hold off. Make sure to keep the Cutting Water Daily to prevent the Rootlets from ever Drying Out. They should take hold and grow in Naturally.

Now there is the Divisional Method of Propagating an Herb and there are several Herbs which Benefit from being Divided. This Method keeps them Hardier. Dig up the Plant, preferably in Late Autumn or Winter or during Early Spring when the Plant is still Dormant. Remove Old Flower Stems and Carefully

Separate the Plant by Hand into their Individual Sections with each Section having a Good Clump of Roots. Re-Plant and Water these Sections until the Roots have Re-Established themselves with New Growth.

Layering is done if Cuttings are difficult to take Root. This is to try to Encourage New Sections of a Plant to Grow whilst still attached to the Parent Plant. The resulting New Sections are generally referred to as "Suckers". This is actually how a lot of Shrubby Plants Grow and Spread in the Wild, such as the Alder Tree for instance. Peg a Stem Gently onto the Ground so that the Underside of the Plant is in Contact with the Soil. Once New Roots have Developed and have Grown to about 5 cm Long, you can now Separate the New Shoot from the Parent Plant. If the Soil is Heavy, add some Potting Soil or Peat Moss before starting. Another method is Mound-Layering which is done during Spring. Pile Soil over the Centre of the Plant until only the Young Shoots Show and by Late Summer, Roots would have formed on many of the Shoots which can now be Separated from the Parent Plant and now Transplanted.

There are some Herbs that should be kept in Moveable Pots so that they can be moved Indoors during the Winter if they are Herbs that won't do very well during the Winter. That way, you can bring them inside to keep them Warm. When the First Chill is in the Air, bring in Herbs such as Basil inside. Paler, Mottled or Generally Unhappy Looking Leaves on Plants are a good Early Indicator that a Plant is under Distress due to the Colder Evenings. When brought Indoors for the Winter, some Herbs may even give you a Winter Blossom if your Lucky. But it will Definitely make your Home Smell a lot nicer. If your Climate is Particularly Cold during the Winter and there is Longer Frost Periods and Snow, then Herbs such as Rosemary, Sage, Winter Savory, Curry Plant, and Lavender should be brought in order for them to Survive. More Mature Plants can be Protected from the Winter by throwing Extra Layers of Soil around them or even Straw around the Roots and Bases. When Transferring a Plant Indoors, make sure that when you do it that the Temperature Outside is similar to that of what it is Outside so as to not cause the Herbal Plant Stress.

Many Herbs prefer a Warm Comfortable Temperature of around 15 – 21 C with maybe Night Time drops of Temperature of about 5 C. You may want to keep them away from any Droughts as well as this may affect their Growing. Try to Position them in a Place where their Temperature is Minimal in Changing. But make sure that there is Good Air Circulation as removing Stale Air Hinders Airborne Diseases and help to get rid of the Remnants of Pollution from Gas Central Heating or Oil Fumes.

Plants that are Potted are probably more Vulnerable than Plants outside and need more Care and Attention. They can Dry Out Extremely Quickly, so during the Warmer Days, check them at least Once per Day. Newly Germinated Seedlings tend to need more Watering. The Best Time to Water is either early in the Morning or in the Evening just as the Sun is going down. If you Water on a Hot Sunny Day, the Worst Thing you can do is Water in the Middle of the Day at about 2:00pm when the Sun is at its Hottest. The Sun's action on Water causes it to turn into Hot Steam and that can Steam Cook the Leaves of your Herbs and that will Kill the Plant by Accidentally Steam Cooking the Leaves. Also, it is recommended to use a Steam Bottle to keep the Leaves and Soil Moist and Drain them on a Gravel Tray. In Autumn, Water them only when the Soil is Dry. Herbs with Larger Leaves that are Actively Growing need Regular Watering. Never Over-Water them as this will Drown them. Always make sure that your Garden does have Adequate Drainage. Also, Over-Watering your Herbs could Deplete Vital Air Pockets in the Soil around the Roots which causes Nasty Root Funguses to Grow. This will then Slowly Rot the Herbal Plant and it will Die. Moisture in the Atmosphere is also good for the Plants. Growing Plants together may help to create a Humid Area, or you could put some Peat Moss on the Surface of the Soil. Then Spray the Area with a Mist Spray Atomizer during the Hotter Weather.

Herbs that are Regularly Harvested need to be Fed with a dose of Potting Soil or Compost during Early Spring, Mid Summer and in Early Autumn. Never Over-Feed or use more than necessary. If you decide to use a Non-Herbal or Manufactured Fertilizer, always make sure to read the Label.

Make sure that your Herbal Plants are kept Clean. Use a Small to Medium Round-Tipped Paint Brush to Clean Furry Leaves such as Clary Sage. Gently Brush them from Stem to Tip in a Sweeping Motion. To Prevent the Dust from Clogging the Pores of the Leaf that facilitates Photosynthesis, sue a Mist Spray Bottle to Lightly Cover the Plant. If you have High Lime Content in your Water Supply, it will Manifest itself as White Gritty Deposits on the Soil's Surface.

As for the Health of your Herbs, it is Important to keep an Eye on your Herbal Plants so that if Disease is there, you may get it dealt with quickly. Just Gently Observe their Condition and check the Underside of the Leaves and Stems Regularly for any Pests or signs of Disease. A great way to get rid of Insect Pests is to Spray the Plant over with some Insecticidal Soap Solution. This will remove them if they are already Present. After the application of the Insecticidal Soap, make sure to Rinse them off a few days later. If you are applying Insecticides onto your Herbs, it is better for your and the Environment to use a Natural Biological Herbicide. One type of Natural Biological Herbicide that one can use is Vinegar.

This is my Experiment on using Vinegar as a General Herbicide that I did in June 2007. I wrote this up for my Landscaping Company as a Proposal for using Vinegar as an Environmentally Friendly Alternative to Glyphosate Roundup.

Here is the Grove of Cedar Trees that I did the Experiment on as they appeared before the Experiment:



After finding an Article on the Internet that showed how Vinegar could be used as an Environmentally Friendly General Herbicide in April of 2007, I decided to do an Experiment using a solution of 50% Vinegar & 50% Water to see how it would control some Weeds in 3 Tree Wells in one of the sites on which I did Landscaping on.



So starting on May 31st, I started applying my Vinegar Solution to the Tree Wells:



Early in the morning on May 31st , I arrived with a 500ml Spray Bottle and sprayed a 1/3 of the Bottle around the Tree Wells of each Test Tree. By the late afternoon, one particular Plant, a Plantain, was Curling Up and appeared to be Dying. This was in Tree Well #2:



A week later on June 7th, I returned and found that all Moss in all Three Tree Wells had all Died. All Grass and Clover were Yellowing Out. The Plantain in Tree Well #2 that had been affected first was still withered but still Alive.

After taking down my Notes, I applied a 2nd Dose of Vinegar Solution to each of the Three Tree Wells.

On June 14th, I returned and took note that all Grass Blades were still Yellowing Out and the Clover was then Dead. There is some New Little Mosslings growing back. I noted that there was no New Germinations of any other New Weeds. All the Weeds that had been there to start with had appeared to either Stopped Growing or were Stunted in their Growth.

After taking my notes, I then applied the 3rd Dose of Vinegar Solution.

On June 21st, I found that some of the Mosslings had Grown Back. No other Plant Life had Germinated during the past week, all Weeds and Plant Life were still Yellowed and had not changed much since the 3rd Vinegar Application. I did a Fine Weeding by Handpicking. I did note that all Plant Roots were all Weakened and as those Weeds were easy to pull out from the Ground. I also removed all Moss Remnants, both Alive and Dead.

On June 28th, I did started doing my Monitoring of the situation and found that Tree #1 had no Regrowth:



Three #2 had a few new Mosslings Restarted and the Plantain that had originally Withered had Grown Back One Leaf. I noted that Three No Other Weeds had Grown into the Tree Well:





Tree #3 had some Mosslings grown back. Three Clovers and Four Grass Blades had popped up and had started Growing Back:



On July 4th, I returned to take notes and had found that 5 Mosslings had Regrown in Tree Well #1. It also had Three More Grasses and One Weed that had Regrown.

Tree Well #2 had the Plantain that had originally Withered Quickly and I had pulled out on my Fine Weeding on June 21st had Grown Back. I pulled it out again. Even though it Withered Quickly, it appears to be able to Recover Quickly from the Vinegar Application:



Fourteen Mosslings had Resprouted in Tree Well #2. Also One Clover and Two Weeds had Restarted. No Grass Regrowth was Noted.

Tree Well #3 had Six Grasses , One Clover, Two Weeds and Fourteen Mosslings Restarted.

On July 13th, Tree Well #1 had Two More Weeds Regrown, but all Regrown Mosslings seemed to have

Disappeared.

Tree Well #2 had Clover and One Weed Triple in Size in the past week. All other Weeds remained Small. Little Growth in Moss Observed.

Tree Well #3 had Grass and Weeds Triple in Size. The Clover that had been there before seemed to have Disappeared.

On July 26th, Tree Well #1 had No Changes.

Tree Well #2 had Three More Weeds come up. One Weed was noted to have Regrown in Very Largely.

Tree Well #3 had Six more Grasses started on its West Side. There is a Patch of Geranium started on Western Side of the Tree Well. Some Pepper Weed had was seen coming up on the Tree Well Southside. A rather Big Patch of Moss was noted as Growing in on the Tree Well's Westside. For some reason, Tree Well #3 has the Most Prolific Weed Growback.

This was the end of my Experiment and I had taken in all the Information that I needed to make my Observations, and Recommendations in regards to using Vinegar as a General Herbicide.

My Observations went that Vinegar applied to Tree Wells was found to have Excellent Knockdown Affect on All Moss. This is an affect that would proved Very Useful for solving the Chronic Problem of having Unsightly Moss Overgrown in a lot of Tree Wells, which grow in between the Roots of the Trees in such a way that makes it difficult to remove with a Weederbar. Vinegar does not stop Moss from Regrowing back in, although I did take not of the fact that such Regrowth is fairly Stunted.

Vinegar does not Knockdown other Weeds as thoroughly as Moss, but I did note that it does Weaken Weeds in such a way making it easier to pull them up. I also noted that Old Plants that had their Roots Weakened by Vinegar did not tend to Regrow from its Old Roots, except for the Plantain that Stubbornly Regrew Back in Tree Well #2.

One of the Good Things about Vinegar being used is that although it has General Herbicidal Affects similar to Roundup Glyphosate, it does not have the problematic drawbacks that Roundup has. It does not Harm Surrounding Trees, nor does its Drift affect any surrounding Lawns or Desirable Plants.

Since Vinegar does not have the any of the Undesirable Side Affects that Roundup does, it is actually Safer to use and apply in Breezes greater than 8Kh or in Temperatures over 30 Degrees Celsius.

My Recommendations:

Get a New Back Pack Tank Sprayer and Spray Paint a Big Giant "V" onto it. Only use if for Vinegar Solution applications!

In about July to August, when Temperatures are greater than 30 degrees, make Two Applications of Vinegar around Tree Wells that have Unsightly Moss Problems one week apart. That should take care of all Moss.

Also, during July and August, use Vinegar Solution instead of Roundup to treat Concrete Curb and Roadway Cracks as it is Safer to use. I did note during the past Landscaping Season that there were occasions that Roundup was Applied during days when Temperatures were Too Hot and in some Complexes, some Bushes and Shrubs that had been previously been Healthy had turned Brown and Died by mid to late September. I think that in order to prevent such things from happening again, that Vinegar should be used instead of Roundup during the Hot July and August months.

Also, I think that Vinegar could be used in Beds underneath Cedar Hedges as I have noted that Moss

also tends to grow around the bases of Cedar Hedges making them Unsightly in a similar fashion as it does in Tree Wells.

This is a Report I did in 2009 on a Weed that I had never seen before in my Entire Life, including the previous Two Seasons. It is a Weed that my Supervisor even did not know about. I then identified that Creeping Mystery Weed as the Tufted Vetch and also did some Research on the Tufted Vetch.



In my Research, I found that Tufted Vetch is a Genus of the Green Pea Family, which explained why its Leaves and Branches all sort of Smell Like Peas. When I dug up the Roots to examine them, I found that it has Subcutaneous Roots with Hair Thin Rootlets that form into Balls in the Ground and resemble how the inside of a Star Trek Borg Ship. The Roots Smell like Mentholypus Cough Drops.

It is too Fibrous for Human to eat, but it is Very Nutritious, so it is planted into Cow Pastures for Cattle to eat. So I think that in the past, there was loads of Dirt that was brought to those Landscaping Sites had come from the same source and that may have been a Farm that had been used as Cow Pastures. The Tufted Vetch took hold there and now grows throughout those two Complexes. It was actually at those two Complexes that I first discovered Tufted Vetch.

However, Tufted Vetch does have beneficial aspects to it. It does provide Food Seeds for Birds and its Flowers have Nectar that attracts Bees and Butterflies. And similarly to Green Peas, it does put Nitrogen Nutrients into the Soil instead of taking it out like most other Plants.

But I did find reference to it being Invasive when taken out of his Natural Pasturelands of Southern Canada or Southern Virginia. It has been noted that it does have a habit of Choking Out other Desirable Plants.

I did find that it is somewhat Annoying and it grows back very fast and it growing in amongst Cedar Hedges makes the Hedges look somewhat Ugly, although it does not harm the Plant that it is growing into. But, like most other Weeds, the Tufted Vetch probably sucks a lot of Water out of the Ground that



the Cedar Hedges need.

During most of the season, I tried thinking of something that would get rid of it, and it looks like I stumbled onto something.

At Red Mill, I pointed out to my Supervisor one afternoon that the Roots of Tufted Vetch are finely intertwined with each other in long continuous Subcutaneous Roots. I proposed to him that I would bet if you Sprayed Roundup on a Patch of Tufted Vetch that all the Tufted Vetch for about 10 Meters around would also Die. He said that was to Risky and he did not want to try it.

But then in August, on another Landscape Work Site, another Supervisor was tasked to Spray Roundup. During that day, the Supervisor was Frustrated with having to dig out the Clover that was Growing amongst some White Rocks of this Cedar Burm and asked aloud what could be done to get rid of the Clover.

I replied that since in my opinion the Rocks with the Clover is safe enough distance from the Cedar Hedges, that Spraying Roundup only around the Rocks would get rid of the Clover permanently. The Supervisor replied that it was a Good Suggestion and he went off and carefully Sprayed the Rocks with the Roundup.

Here is a couple of Pictures of the Cedar Burm:







The thing is, there was some Sprouts of the Tufted Vetch growing amongst the Rocks as well, and those Cedar Hedges had problematic Tufted Vetch growing amongst it.

Then about 3 weeks later, when I was going by doing my Mowing, I stopped and had a Closer Look at the Cedar Burm to see how well the application of Roundup had done on controlling the Clover. Upon Inspection, I discovered that not only had all the Tufted Vetch Disappeared from the Rocks of the Burm, but there was no sign of it growing back onto the Cedars, where it used to Grow Invasively Very Tenaciously only a month before.

Here is a Close Up picture of the Rocks and note not only had the Clover Gone, but also all the Tufted Vetch:



There is not a Single Frond of Tufted Vetch amongst the Cedar Hedges at all.

I think that the application of the Roundup on the Sprigs of Tufted Vetch that was amongst White Stones diffused through its extensive Root Systems and affected all the Tufted Vetch for approximately Ten Meters around.

I continued to examine the Burm and the Cedar Hedges for the rest of the season and found that not only there was not a single bit of Tufted Vetch Growback, but the Cedar Hedges appeared to become More Healthier and Happier.

So I came to the Final Conclusion that the best way to get rid of Tufted Vetch was to give Sprouts of it that are a Safe Distance away from any other Plant an application of Roundup. The Herbicide Defuses throughout the Tufted Vetch's Subcutaneous Root Systems, Killing all the Tufted Vetch for at least 10 to maybe 15 Meters around.

**Note:**

I know this Experiment uses Roundup and not a Natural Herbicide, but I put it in order to show the Characteristics of the Tufted Vetch and a method that can be used to get rid of it.

It should be noted that when using Chemical Herbicides, that it should be used Sparingly in order to not create Resistance in the Target Pest Weeds. The Best Way to deal with Pest Weeds is to be Diligent in doing Handpicking, making sure that other Desirable Plants are Plentiful and Healthy, and that Foreign Dirt being brought into the Garden Beds be thoroughly Composted and Free of Contamination.

# How To Harvest, Prepare And Use Herbs:

If you are collecting Herbs from the Wild: MAKE SURE THAT YOU HAVE CORRECTLY IDENTIFIED THE HERB!!! IT IS EXTREMELY EASY TO MISIDENTIFY AN HERB WITH SOMETHING POISONOUS. You may also want to observe the Legalities of Picking a given Herb in some areas as some Species, such as Sandalwood is in some parts of India and therefore must not be taken. Only ever take what you need from the Wild and No More. Never Pick the Plants on the sides of Roads or areas where there may have been Pollution or Chemical Sprays as this will affect the Herb.

When Harvesting your Herbs, you can pick the Fresh Leaves, Roots or Flowers almost anytime and these can be used immediately. Evergreen Herbs, like Thyme can be picked throughout the Year, although New Growth should be allowed to settle before the next Winter sets in, allowing the Plants to Harden. Collect the Herbs in the morning after the Morning Dew has Evaporated from the Herbs. Herbs are best Taken Young up to the Flowering Time. After the Plant Flowers, most of the Herbs Energies is taken up in trying to Reproduce through the Flowers or Blossoms. You can Dry the Leaves and then Store them for later use. You can also Preserve them Fresh in Essential Oils or Vinegar. Pick only the Leaves that appear to be Healthy and without Bruising, Blemishes, or Insect Infestation. Leaves which are for Aromatics can be collected throughout the Year, but for Maximum Results, take before Flowering. With Tall Plants, collect the Aromatic Top Growths only.

The Whole Plant can be Harvested just before the Flowers Open. If you want only the Green Parts, then you can Cut Back Annuals to about 8 cm above the Ground. When taking a Whole Perennial, do not take anymore that the Top 3<sup>rd</sup> of the Herbal Plant leaving the rest for Future Growth.

Flowers should be collected at about Midday in Dry Weather. Pick them just as they are Fully Opened. Avoid the Flowers that are looking Wilted. Once Picked, store in an Open Spacious Container, not Overlapping them. Herbal Flowers Bruise and get Damaged easily, so one has to be Careful when handling them.

The Seeds and Fruits can be Picked on a Warm Day when the Seeds or Fruits are Fully Ripe. It should look Ripe where there is No Green Left, only the Brown or Black and should be hard to the touch with Paper-Dry Pods. You can Shake the Seeds Gently into an Envelope, Label and Date. Keep all the Seeds from different Seasons Separate.

Roots and Rhizomes are Harvested in the Autumn Time when the Plants Parts above the Ground are starting to Wither and Die. At this time, it is said that the Greatest Concentration of the Herb's Therapeutic Compound is Stored within the Roots. Dig up the Annuals when their Cycle of Growing has completed, and gather the Perennial Roots in their 2<sup>nd</sup> or 3<sup>rd</sup> Year of Growth when they are at their Most Developed Stage. Dig up the Perennial Herb's Roots, taking care not to Damage them and then Separate the Required Amount and Replant the Remainder. Most Roots can be Scrubbed Clean, but there are some such as Valerian Root which should not be Scrubbed as the Constituents are contained in the Epidermis Layer of their Roots.

When the Medicinal Property desired is in a Herb's Bark, it Peels Off Readily in Damper Weather and should be Collected from the Younger Branches on Trees preferably already Cut Down. But it should be noted that Bark should only be taken from the Outer Branches as if you take too much of its

Protective Bark from the Trunk in a Circular Direction as this will cause interruption of the Tree from being able to Draw Sap and Nutrients from the Soil and cause the Tree or Herbal Plant to Die.

In order to Dry Herbs, place the Cut Leaves, Roots or Flowers gently into a Basket or Wooden Box lined with Newspaper. Never put them somewhere they may Sweat or Bruise, as that will ruin them. As soon as the Leaf or Flower has been taken, its Individual Cells start to Die as their Supply of Moisture and Nutrients Ceases. Enzymes which used to help to Create the Active Ingredients of the Herb will begin to Break Down these Substances. This is Decomposition and this causes much of the Medicinal Values of the Herb along with the Flavour to start to Decline or be Reduced. Therefore, the sooner Drying is begun, the better in order to Preserve the Medicinal Value, Flavour, and Colour of the Herbs.

The Moisture must be Removed Gradually, so there can be no Rushing the job of the Drying Process. Drying Herbs via the Microwave Oven is a sure way to make the Herb Void, as the Microwaves Destroys the Herbs Medicinal Properties. The Herb's Essential Oils may too be lost.

In order to Dry Herbs, Gently Wipe or Brush Off any Soil still on the Herb's Leaves, Flowers and Roots, but avoid Washing unless absolutely necessary. Keep the Sunlight Off them as this Extracts and Evaporates their Oils also. Choose a Warm Dry Dark Room for Drying with Adequate Ventilation. Bunch no more than 10 Leaf Stems together and tie them off with Sewing Cotton Thread. A Drying Temperature of about 32C is ideal for the first 24 Hours, then perhaps reduce the Temperature to 24 to 26C thereafter. Leaves which are not Unduly Thick, may take around 4 to 6 Days to Dry at these Temperatures.

When Small Quantities of Herbs are needed to be Dried, use a Vegetable Box lined with Newspaper and spread them out so that nothing is Overlapping, then cover the Box with an Old Net Curtain that keeps out Insects out during the Drying Process.

When an Herb is finished being Dried, you should be able to Pick One Up and be able to Crumble it in your Hand effortlessly. This tells you that they are ready for Storing.

In order to Store your Leaves, remove them from the Stems if you haven't already, keeping them whole to retain their Scent and Goodness for as long as is possible. Break them up only if you must fit them into Jars. Crush them before using. Leaves for example would be Best Stored in Airtight Bottles made from Dark Glass and again make sure to Store them out of the Sunlight. Plastic or Metal Containers are not suitable as they could affect the Chemistry of the Herb. Try to Handle them as little as possible also. And when Handling them, wearing Thin Latex Gloves.

Always Label your Bottles with the Name of the Contents and the Date. You should keep an eye on the Bottles as you will be able to tell if they weren't Dried Properly if you see a Build-Up of Moisture and Condensation in the Bottles. If you see any, Remove them from the Bottles and further Dry them further.

Some Herbs are 'Hygroscopic', which means that they Absorb Moisture from the Air. This can Reactivate the Enzymes and can cause Chemical Breakdown. So always Periodically check your Stores of Herbs, as they won't last forever. 6 to 12 Months is about their Limit and then when they are Too Old, you should then Throw them out or simply crush them up and dig them back into your Garden.

If you wish to Freeze your Herbs, use Freezer Bags that are Sealable and wash them before Freezing and allow the Water to drip off of them before placing them into the Freezer Bag. Frozen Herbs retain their Colour and Flavour and it is Convenient and Fast. You can use Ice Cube Trays to store Smaller Amounts of Herbs in Ice Cubes. An average Ice Cube should be able to hold approximately 15ml of Chopped Herb. Use Spring or Mineral Water in order to get Better Results and Preserving their Taste. If you use Tap Water, you may get a rather Chloriney or Chalky Taste.

## Herbal Preparations -

Herbs can be used in quite a number of different ways depending upon the users Wish. They can be used to Treat an Ailment or Problem, depending upon the Individual who is applying the Healing or even by whom is Receiving the Treatment, all of which Depends upon what Application used. They can also be used for Spell Casting and Ritual Magic. In this part of the E-Book, the Different Ways that Herbs are Applied and the Various Herbal Preparations.

### Water Infusions - Hot:

When Herbs are Infused in Hot Water, after about 3-5 Minutes, the Water becomes Fragrantly Scented and Pleasantly Refreshing to Drink known as 'Tea'. However, Tea is more than just an Enjoyable Means Quenching Thirst. Our Bodies are 90% Water so therefore we have an Intimate Affinity with this Sacred Element and enjoy consuming a Herbal Medication Prepared by doing Hot Infusions.

### Water Infusions - Cold:

Place the Herbs in Cold Water and Soak for 8 - 12 Hours having the Best Result if Left Overnight, then Strain and Slightly Warm Up before Drinking.

### Tinctures:

In a Tincture, the Properties of the Herbs are Extracted and Preserved in Alcohol. In Ancient Times, this was Mainly Accomplished using Wines, which is where the Term 'Mulled Wines' originated from. Tinctures can be made with Fresh or Dry Herbs. Tinctures can also be made 'Non-Alcoholic' by adding an Adequate Ratio of Water to the Tincture Mix or leaving the Mixture Uncovered for Several Hours while the Alcohol Evaporates. These then become useful for those People that are unable to consume Alcohol.

### Poultices:

They are Herbal Compresses that are Very Handy for Skin Problems and even Muscular and Bone Ailments. They are made by Steaming the Herbs over some Water, but not Touching the Water. Cover and Steam for a few minutes, just so that the Herbs become Wilted. And by Spreading the Softened Hers on a Cloth and Placed on the Affected Area. Cover the Poultice Compress with a Woolen Cloth and leave on for approximately 2 Hours.

### Decoctions:

This is an Extract of Herbs that is produced by Boiling the Herb in some Water. This method is somewhat similar to doing a Hot Infusion, except that the Herbs in Boiled in the Water over Heat instead of Pouring Hot Water into a Tea Pot with the Herb. This Method is used for Hard Seeds, Roots, and Barks, which need much longer than just few Minutes that is only required for making an Infusion. This is a Technique preferred by some Druids because there is something Mystical and Very Healing about this Medium. Although Decoctions are prepared by Prolonged Simmering, they still contain the Essential Qualities of the Fresh Herbs.

### Fomentation:

This is made by a Towel or Cloth Soaked in a Hot Herbal Infusion or Decoction with the Excess Hot Water Wrung Out and then Applied as Hot As Possible to the Affected Area of the Skin of the Patient.

### Powder:

This is made by a Herb being Dried and then Ground. Take with Water, Soup, Milk, Alcohol, or Sprinkled on Food. The Most Common Dosage is about a Half a Teaspoon.



#### Syrup:

Raw or Brown Sugar mixed with Dried Ground Herb and then is Boiled with Water until it reaches a 'Honey' Consistency. Strain through Cheesecloth to get the Medicinal Ingredients and Administer. This is Very Good for Encouraging Small Children to take their Medicine should it be Sour or Tart.

#### Extracts:

Liquid Herbal Extracts are Generally Concentrated Herbal Liquids which are made in Alcohol/Water Mixtures and are one of the Best and Most Convenient Herbal Administrations. Saturation time is Much Longer than Herbal Tinctures, but the Principle is basically the same.

#### Essence:

Approximately 28 Grams of the Herb's Oil is Dissolved in 600mls of Alcohol. This is an Excellent Way to Preserve Volatile Essential Oils which are not Water Soluble.

#### Lotions:

This is Created by Straining an Infusion or a Decoction through Coffee Filter Paper or a Fine Cotton Cloth. Special Care should be taken when preparing a Lotion for the Eyes or Ears as even Small Pieces of Herbs can Damage these Body Parts.

#### Inhalations:

Steam Inhalations are made by adding 300ml of a Strong Infusion to 600ml of Water that has just come off the Boil and Poured into a Bowl. The Individual Covers their Head with a Large Towel and then Bending Over the Bowl, Breathes in the Vapours through the Nose and Mouth. This is Especially Effective Method for Treating Respirator Problems of both the Nose and Chest.

#### Compresses:

Put 1 or 2 Drops of Essential Oil into a Bowl of either Cold, Lukewarm or Hot Water Depending on the condition being Treated. A Clean Cotton Cloth such as a Handkerchief should be used to pick up the Film of Essential Oil on the Surface of the Water and applied to the Affected Body Part.

#### Massage Oils:

Use a 2 ½ Percent Dilution. Just 10 drops of Essential Oil to 2 Table Spoons of Virgin Olive Oil.

#### Baths:

Use 5 to 10 Drops of Essential Oil with 2 Tablespoons of Full Fat Cow's Milk. Stir this into Bath Water well to make sure the Mixture is Dispersed. Once Dispersed, take the Bath.

## Essential Oils - What Are They?:

Provided by Martin Watt:

It is very difficult to give a completely accurate definition. The term 'essential oil' is a misnomer. Some so-called 'essential oils' are not indispensable to the plant's life and therefore are not 'essential' to its survival. A better definition is: "a volatile aromatic substance, produced by plants for a variety of purposes"; for example:

As a means of attracting pollinating insects.

To prevent or reduce damage from foraging animals...few crude essential oils taste pleasant and some are highly irritant.



Some plants originating in hot climates exude essential oils into the air as a highly effective cooling mechanism.

Certain oils were probably evolved for protection against fungal attack.

A few oils may have a part to play in defending the plant against bacterial attack, but probably not viral attack.

Some essential oils may form part of the biochemical reactions of the plant, and some may simply be waste products of metabolism.

It has been suggested that some natural chemicals found in certain essential oils inhibit competition by preventing seedlings from growing too close to the parent plant.

Fragrant substances can be located in every different part of a plant such as: Flowers, fruit, stems, leaves, bark, heartwood and roots. However, it is rare to find oil present in all these parts in most plants. If oil is present in every part, for example orange and other citrus trees, then the chemical composition usually differs greatly from one part to the other. Orange oil from the peel, Neroli oil from the orange flowers and Petitgrain oil from the leaves and twigs, are quite different in chemistry and function.

CHEMOTYPE (often written as CT):

This word is often found on bottles or in literature. The term arose to distinguish between essential oils extracted from plants with the same botanical name, yet sub varieties or cultivars yielded essential oils significantly different from the accepted trade norm. For example: Thyme 'phenol-type' the trade norm, against thyme 'CT.-linalool'.

Rosemary 'cineol-type' the trade norm, against rosemary CT.-borneol.

It should be pointed out here that the therapeutic effects of the majority of the 'chemotype' essential oils used in aromatherapy are totally unverified. Likewise, the safety of these chemotypes is unverified. If the chemical composition of an oil is dramatically changed, then the potential exists for it to have substantially different properties (good or bad) than occur in the normal 'tested' essential oil.

## EXTRACTING ESSENTIAL OILS

ENFLEURAGE (see image below): An historical method which is now rarely used. It was mainly reserved for the more delicate floral essences. Sheets of glass were

coated with refined animal fats and flowers were sprinkled over it. The aromatic substances would slowly migrate from the flowers into the fat. The flowers were replaced with fresh ones when their fragrance was exhausted, and this process was repeated several times until the fat was saturated with the flower essences. The resultant mass known as a 'pomade' was then washed with alcohol or other solvents to extract the fragrant compounds.



## BLENDING ESSENTIAL OILS

Mixing essential oils to create your own blends can be great fun, but also it can create superior fragrances and therapeutic properties than by using individual oils.

Creating fragrance blends is a highly complex art and science. Only a tiny number of people are real experts or 'noses', most of whom work with the major perfume houses. Despite the great expertise required to create original perfumes, it is possible for anyone to play around with essential oils and produce some delightful mixtures.

For therapeutic purposes, blending essential oils can considerably enhance their effects. Perhaps the best example is that the antimicrobial properties of oil blends can be superior to using single oils. The reason is that individual oils can be quite specific in the organisms that they can inhibit. By blending a number of different essential oils, you can end up with a product that will inhibit quite a broad spectrum of micro-organisms.

For their effects on the emotions and healing properties via the mind, blending certain oils can produce some wonderful aromas. For example; Rose and Neroli alone are very pleasing fragrances, but blend them together and you produce a wonderfully relaxing mixture which most people appreciate. I like Bay mixed with Lime oil for a background room fragrance. Clove with Mandarin can be refreshing yet relaxing. So experiment to find what you like the best.

Choosing blends to go with your favorite music can dramatically increase the relaxing or stimulating effects of the music. For example use Silver Fir with a touch of Juniper while listening to 'Finlandia' and see how it increases your visualization. Have patchouli and Cedar in an oil heater while listening to Jimi Hendrix and you are there!!

A method the perfumery trade use is to blend fragrances by so called "notes". Essential oils are said to have top, middle and base notes and fragrances are assembled according to this subjective criteria. However, the complexities of this system are way beyond the scope of this document. It is far better to experiment and find out which blends you prefer and which give you the most satisfying results.

Referring to the individual oil profiles will tell you what each oil is particularly useful for. If you perhaps want a nice relaxing fragrance, then clearly you do not mix Lavender with Rosemary. For relaxation you can blend any of the oils with reputed relaxing properties to suit fragrance preferences.

Generally, there is little point in blending strongly stimulating oils like Peppermint and Rosemary, together with oils with strong relaxing properties such as Neroli. However, like with all rules there are always exceptions.

Please bear in mind that an oil blend will not have an emotionally relaxing effect, (even if tradition dictates a particular oil is relaxant), if the person being treated can't stand its fragrance.

For physical conditions like coughs, colds, flu, etc. you can choose and blend the oils using the information from the oil profiles. Select oils which seem to be particularly suited to the problems being experienced.

It is most important when blending different oils, that you do not exceed the total amount recommended for an individual oil. For example, if it is recommended that 8 drops of oil are used in a bath, and you mix 4 different oils, then the total of the oil blend used in the bath must not exceed 8 drops.

**MACERATION:** An extremely ancient method of extracting aromatic substances from plants. The ancient Egyptians infused plants in animal fats, olive oil and possibly sesame oil (often heated) to produce their famous perfumed oils. This method can still be used to produce flavored cooking oils from aromatic garden plants like: lemon balm, marjoram, roses, rosemary, sage, thyme, etc.

**EXPRESSION:** A method used to extract oil from citrus fruit peel. Originally lemon oil was expressed by hand using sponges to soak up the oil which was then squeezed out. Nowadays the oil is obtained either by abrading the peel in machines, or as a by-product of the fruit juice trade. Most citrus oils are then re distilled before sale to make them safer. When peeling an orange you may have experienced the essential oil projected into your eye, this gives an idea of how irritating the

crude unrefined oil is. Expressed citrus oils are available, although many sold as such are just ordinary distilled oils hyped as "cold expressed" to push the price up.

**STEAM DISTILLATION** (Old still below): This term covers a number of similar methods of extracting essential oils from plant materials. The commonest method is steam distillation. The harvested plants are placed in large closed tanks or stills. Essential oil is forced out of the plants glands by passing very hot steam through the material. The mixture of steam and essential oil vapors then condense as they pass through a water-cooled coil. Essential oil and water separate into two layers in the receiver, and then are tapped off into separate containers.

**HYDRO** or water distillation is a cruder but less aggressive method, and involves direct contact of boiling water with the plant materials. The vapors are then condensed as above. Water distillation tends to cause less breakdown of the more delicate 'top notes' (highly volatile components of the oil which provide the pleasant fresh, fruity, natural fragrance). Lower temperatures also reduce breakdown chemicals which hot distillation can create.

**FRACTIONAL DISTILLATION**: a process used to extract pure natural chemicals from essential oils. These are required for a number of trades such as perfumery, food flavoring, and pharmaceuticals.

**RECTIFICATION**: A variety of methods used to 'clean up' essential oils and make them safer. For instance, the furocoumarins are removed from expressed bergamot oil to prevent these natural chemicals causing damage to the skin.

**SOLVENT EXTRACTION**: There are quite a number of chemical solvents used to remove the aromatic materials from plant materials. The first extract using solvents is called a "concrete". This is usually a sticky solid containing all the plant waxes and coloring material. The "absolute" containing just the aromatic compounds with some color is then extracted by washing the concrete with alcohol or other solvents. Pure essential oil is also extracted directly from the 'concrete' by a variety of methods. These methods of cold extraction are used in order to preserve the volatile fragrant components of floral oils, where the heat of distillation would destroy or reduce the fragrant 'top notes'.

**CARBON DIOXIDE** is a form of solvent extraction. This method produces excellent quality essential oils. High temperatures are not used so little damage occurs to the volatile components of the oil. The chemical structure of CO<sub>2</sub> extracted oils are much closer to that of the oil occurring in a living plant. The carbon dioxide used is constantly recycled. Therefore it is an environment friendly method, in some ways much more so than with steam distillation where the boilers are fuelled by diesel or boiler oil.

**MOLECULAR EXTRACTION**: Is the most up-to-date method to extract and purify essential oils. The crude plant extracts such as 'concrete's' are subjected to massive

pressures up to one million atmospheres. Since high temperatures are not used, the process produces top quality essential oils very close to the natural oil occurring in the living plant.

## ESSENTIAL OIL QUALITY

Most people recognize that the quality of wine can vary tremendously. Genuine essential oils vary due to exactly the same reasons. Plants grown one side of the hill are different from those on the other side. Growing season, weather, soil variations, time of harvesting, length of time before distillation, methods of oil extraction can lead to huge variations.

**Storage:** Once you have bought your oils, if they are ones you may take a long time using, then store them in an airtight container in the refrigerator. Ideally only use the volume of oil needed for the day, and put the bottles back before the temperature increases too much.

The need for adequate storage of essential and fixed oils cannot be overemphasized. Poor storage not only affects the quality of most oils, but can also have safety implications. If essential oils are stored with a lot of oxygen in the bottle this can quickly degrade chemicals such as d-limonene, the pinene's, etc. Oxygen in very 'promiscuous' and combines with the other chemicals to form new compounds. During this process various peroxides form which are known skin sensitising-agents.

Never store oils where strong light falls on them or near heat sources. A common place to find oils in the home is on the bathroom window shelf, this is about the worst place you could put them.

Do not be tempted to put wheatgerm oil into essential oils as a preservative. Many aromatherapy books advocate this, but it is a complete fallacy. Indeed the reverse will happen and the oil blend will quickly become rancid. Some therapists add vitamin E from capsules to their oils as an antioxidant, however even this will change the oils' fragrance, usually detrimentally.

Beware of the very rare and little known oils. Any oil that is not a good seller may remain in the oil supplier's stock for possibly years.

**Synthetic versus natural essential oils:** Essential oils should only come from plants. However, a lot of essential oils sold as "pure", are actually produced wholly or partially from synthetic chemicals. Leaving aside the dishonesty, if essential oils were just used as perfume ingredients this would not matter too much. However, the quality of the chemicals used to create perfumes can vary enormously and they can contain significant volumes of impurities. These impurities may be harmful if they are ingested. Synthetic perfumes can make pleasant atmospheric fragrances, but if applied to the skin in the manner and volume used in aromatherapy, the potential exists for adverse skin reactions. This question of volumes used is often

ignored by unscrupulous suppliers, who purchase adulterated oils and sell them as the real thing. The volume of each synthetic chemical used in a commercial perfume blend may be minute, and it is often further diluted in alcohol or other solvents. Those chemicals were never intended to be used on the skin at 1 to 5% as is common in aromatherapy.

Another important difference between synthetic, semi-synthetic and natural essential oils is in anticipated therapeutic effects. Perhaps you might want the skin healing effects of pure lavender oil, but if you then use an oil 'constructed' partly of synthetic chemicals, you can't expect the traditionally acknowledged effects of the real thing.

The question of the quality and genuineness of essential oils is a minefield. It requires a good knowledge of how the essential oil supply trade works, to be able to get an idea if a particular oil is likely to be adulterated or not.

Essential oils can be fully analyzed with sophisticated techniques. However, the fact a supplier 'claims' their essential oils are all analyzed, is not proof that what you have got in your small bottle is what was originally analyzed. Only a system of spot checks by an independent government funded agency can hope to discover if what is being supplied to the consumer, is in fact what it should be. Frequently in the case of essential oils, it is not.

Organically grown or wild crafted: This is another area of a significant amount of trade hype. Although such essential oils do exist, the volume that is retailed using these descriptions is far in excess of the volume of oils actually produced by these methods. Currently there are few reliable methods for proving if an essential oil comes from organically grown plants. Only a certification scheme where an essential oil in the bottle sold to you, can be traced back to the grower, is of any value. Many certification schemes are not worth the paper the certificate is printed on, and some of them are just money making scams.

In the case of so called 'wild crafted' oils, you should consider that this method of gathering herbs is not viewed favorably by International conservation organization's. In some cases, the method is sustainable, but in others (for example rosewood oil), it is not.

In reality, those plants grown on farms are of a reliable chemical composition, and thus their therapeutic activity is far more reliable. An excellent example of this system is Australian tea tree oil. There the trees have been developed by horticultural techniques to yield a naturally standardized essential oil. These trees are grown in plantations and in some cases, they are organically grown. The resulting essential oils will then have reasonably reliable properties.

## ESSENTIAL OILS' SAFETY



The vast majority of essential oils are perfectly safe for home use, provided they are used correctly. However, be aware, that essential oils are often 99 times more concentrated than the oils occurring in living plants or dried herbs. This concentration makes the oils highly potent and widely used for: perfumes; cosmetics; flavorings; medicines; natural based chemicals, and many other products. In common with most concentrated substances, inappropriate use may cause problems.

Some natural fragrance materials are extremely hazardous to the skin. Unfortunately, there are still many ill educated or unscrupulous suppliers, who persist in selling hazardous oils without appropriate warnings.

It must be remembered that certain essential oils such as Cinnamon bark may be perfectly safe when used at very low levels by food flavoring companies. However, those same oils can be extremely hazardous when applied to the skin.

The following essential oils are some that are available, but have not been formally tested to establish if they could cause adverse skin reactions: Amni visnaga, Catmint, Chamomile moroc, Combava, Damiana, Erigerion, some types of Eucalyptus, Ravensara, verbenone type Rosemary, Spikenard, some Thyme varieties, Yarrow and many others.

Constant exposure to certain essential oils can cause a condition called 'sensitization' resulting in allergic type skin reactions. Most commonly used essential oils have been subjected to formal tests on humans, to establish if they can cause this problem, and safe usage levels are documented.

It should never be assumed that because a particular oil does not cause an immediate skin reaction, that you will never become allergic to the oil. It can sometimes take months or years of constant exposure for sensitization reactions to show themselves.

To reduce the chance of acquiring sensitization from using the same oils over long periods of time, it is wiser to try and use a variety of different essential oils. If you develop any kind of skin rash, or feel unwell after using a particular essential oil, then stop using it and avoid its future use. It is advisable to regulate the frequency of use of essential oils. For example, if essential oils are used regularly over a three-week period, at least one week's complete break from the oils should be taken before recommencing their use.

If you are allergic to spicy foods, aftershaves, perfumes, skin care products, or perfumed soaps and detergents, then you need to be cautious with your selection of essential oils. For example, if you are allergic to curry avoid the spice oils, but other oils should not cause problems.

## EXPRESSED AND COLD PRESSED OILS:

It is common in aromatherapy books, to find: "cold expressed or unrefined oils are preferable for their therapeutic properties". Such information is misguided and potentially dangerous. Crude plant oils frequently contain natural chemicals that can cause irritation and sensitization. These are reduced or removed with processing, and only rarely are some of these chemicals advantageous.

Expressed fruit peel oils can have a wonderful fragrance, but generally, they are not ideal for use on the skin. This is because some contain natural chemicals that can lead to skin damage following exposure to daylight or sun beds. This condition is called photosensitization (more in my web site articles on this).

## BLENDING ESSENTIAL OILS

Mixing essential oils to create your own blends can be great fun, but also it can create superior fragrances and therapeutic properties than by using individual oils.

Creating fragrance blends is a highly complex art and science. Only a tiny number of people are real experts or 'noses', most of whom work with the major perfume houses. Despite the great expertise required to create original perfumes, it is possible for anyone to play around with essential oils and produce some delightful mixtures.

For therapeutic purposes, blending essential oils can considerably enhance their effects. Perhaps the best example is that the antimicrobial properties of oil blends can be superior to using single oils. The reason is that individual oils can be quite specific in the organisms that they can inhibit. By blending a number of different essential oils, you can end up with a product that will inhibit quite a broad spectrum of micro-organisms.

For their effects on the emotions and healing properties via the mind, blending certain oils can produce some wonderful aromas. For example; Rose and Neroli alone are very pleasing fragrances, but blend them together and you produce a wonderfully relaxing mixture which most people appreciate. I like Bay mixed with Lime oil for a background room fragrance. Clove with Mandarin can be refreshing yet relaxing. So experiment to find what you like the best.

Choosing blends to go with your favorite music can dramatically increase the relaxing or stimulating effects of the music. For example use Silver Fir with a touch of Juniper while listening to 'Finlandia' and see how it increases your visualization.

Have patchouli and Cedar in an oil heater while listening to Jimi Hendrix and you are there!!

A method the perfumery trade use is to blend fragrances by so called "notes". Essential oils are said to have top, middle and base notes and fragrances are assembled according to this subjective criteria. However, the complexities of this system are way beyond the scope of this document. It is far better to experiment and find out which blends you prefer and which give you the most satisfying results.

Referring to the individual oil profiles will tell you what each oil is particularly useful for. If you perhaps want a nice relaxing fragrance, then clearly you do not mix Lavender with Rosemary. For relaxation you can blend any of the oils with reputed relaxing properties to suit fragrance preferences.

Generally, there is little point in blending strongly stimulating oils like Peppermint and Rosemary, together with oils with strong relaxing properties such as Neroli. However, like with all rules there are always exceptions.

Please bear in mind that an oil blend will not have an emotionally relaxing effect, (even if tradition dictates a particular oil is relaxant), if the person being treated can't stand its fragrance.

For physical conditions like coughs, colds, flu, etc. you can choose and blend the oils using the information from the oil profiles. Select oils which seem to be particularly suited to the problems being experienced.

It is most important when blending different oils, that you do not exceed the total amount recommended for an individual oil. For example, if it is recommended that 8 drops of oil are used in a bath, and you mix 4 different oils, then the total of the oil blend used in the bath must not exceed 8 drops.

## Aromatherapy:

This is the use of a Volatile Essential Oil to Influence an Individual's Feelings and Health. Certain Blends of Herbs can be Created which Smell Pleasing to the Human Olfactory Senses as Perfumes, but is far more than the Art of Creating Pleasant Odours. These Essential Oils and Perfumes are used to Treat Psychiatric Conditions similarly to Bach's Flower Remedies. Aromatherapy can also help with recovering Memories in some Patients.

The Edward Bach 38 Flower Remedies -

I have found that the Bach Remedies are mainly for helping those who are suffering some sort of Psychiatric Conditions. Here are the 38 Bach Flower Remedies:

Agrimony Flower -

It is for Jovial, Cheerful, Humorous People who Love Peace and are suffering from Distress from an Argument or Quarrel.

Aspen Flower –  
For People who are Suffering from Vague Unknown Fears.

Beech Flower –  
It is for People who feel the need to see more Good and Beauty in all the Surrounds them.

Centauray Flower –  
This is for Kind Quiet Gentle People who are Over-Anxious to Serve Others.

Cerato Flower –  
For those who do not have Sufficient Confidence in themselves.

Cherry Blossom Flower –  
For those who have Fear of the Mind being Over-Strained and of doing Fearful or Dreaded Things that are known to be Wrong.

Chestnut Bud Flower –  
It is for those who do not take Full Advantage of Observations and Experiences. It is also for those who take a Longer Time than others to learn the Lessons of Daily Life.

Chicory Flower –  
This is for those who are Very Mindful of the Needs of others and are always finding something that should be put to right.

Clematis Flower –  
This is for those who are Dreamy, Drowsy, Not Fully Awake and have No Great Interest in Life and may even look forward to Death.

Crab Apple Flower –  
This is a Remedy for Spiritual Cleansing and helps those who have tendencies for being a Hypochondriac.

Elm Flower –  
This is for those who do Good Work and are having fits Depression when they feel that the Tasks they are doing is Too Difficult.

Gentian Flower –  
This is for those who are Easily Discouraged.

Gorse Flower –  
This is for those who are feeling Totally Hopeless.

Heather Flower –  
For those who are always seeking Companionship from anyone who may be available.

Holly Flower –  
This is for those who sometimes are attacked by thoughts of such kind as Jealousy, Envy, Revenge or Suspicion.

Honeysuckle Flower –

For those who in the Past in a time of Great Happiness or they have Memories of a Lost Friend or have Ambitions which have not come true.

Hornbeam Flower –

This is for those who feel that they have not Sufficient Strength both Mentally or Physically to carry the Burden of Life Placed Upon Them.

Impatiens Flower –

For those who are quick in Thought and Action and for those who Wish all things to be done without Hesitation or Delay.

Larch Flower –

For those who do not consider themselves as Good or Capable as those around them and always Expect Failure.

Mimulus Flower –

For those who Fear Worldly Things, Illness, Pain, Accidents, Poverty, of Being Alone and of Misfortune.

Mustard Flower –

For those who are Gloomy and in Despair. They always appear Unhappy and Cheerless.

Oak Flower –

For those who are Struggling and Fighting Strongly to Get Well.

Olive Flower –

For those who have Suffered much Mentally or Physically and are so Exhausted and Weary that they feel they have no more Strength.

Pine Flower –

For those who always Blame Themselves for everything going Wrong, even when Successful.

Red Chestnut Flower –

For those who have ceased to Worry about themselves, but for those of whom they are Fond of, they will Suffer Anxieties over.

Rock Rose Flower –

This is for those who have had an Accident or Sudden Illness or when the Patient is Very Frightened or Terrified.

Rock Water Flower –

For those who are Very Strict in their way of Living and deny themselves many of the Joys and Pleasures of Life.

Scleranthus Flower –

For those who suffer much from being unable to Decide between Two Things. They are usually Quiet People.

Star Of Bethlehem Flower –

This is for those who Refused to be Consoled after a Terrible Loss.

Sweet Chestnut Flower –

For those who have Anguish so great as to seem to be Unbearable.

Vervain Flower –

For those with Fixed Principles and Ideas and they are Confident that they are Right and have a Great Wish to Convert all around them to their own Views.

Vine Flower –

For those who Very Capable People who are certain of their own Abilities, are Confident of Success and may be a Great Value in Emergencies.

Walnut Flower –

For those who have Definite Ideals and Ambitious in Life and are fulfilling them.

Water Violet Flower –

For those who in Health or Illness when Alone. For those who are Very Quiet People who move about without making Noise, Speak Gently.

White Chestnut Flower –

For those who cannot Prevent Certain Thoughts, Ideas, Arguments which they do not Desire from entering their Minds.

Wild Oat Flower –

For those who have Ambitions to do something of Prominence in their Lives. They difficulty is to Determine what Occupation to follow.

Wild Rose Flower –

For those who have Surrendered to the Struggle of Life without Complaint and are Resigned to all that Happens.

Willow Flower –

For those who have Suffered Adversity or Misfortune and find these difficult to accept without Complaint or Resentment.

## Herbal Cures -

Listed below are various Ailments and then the Various Herbs that are good for Treating that Ailment. But Please make sure that if you have a certain Ailment, to read over the Herb's Description on how to use that Herb for that specific Ailment properly and to make note of any Contraindications that Herb has to make sure you use the Correct Amount and Method of use.

A

ABSCCESS:

Blue Flag, Chickweed, Cleavers, Coltsfoot, Echinacea, Fenugreek, Flax, Garlic, Goldenseal, Mallow, Marshmallow, Myrrh, Wild Indigo.

ACNE:



Avens, Blue Flag, Burdock, Chrysanthemum, Cleavers, Dandelion Root, Echinacea, Garlic, Marigold, Nasturtium, Patchouli, Poke Root, Red Clover, Soapwort, Strawberries, Thyme, Wild Indigo, Witch Hazel, .

#### ANGINA PECTORIS:

Chrysanthemum, Hawthorn, Motherwort, Pineapple..

#### ANXIETY:

Bergamot, Betony, Chamomile, Damiana, Elder, Hops, Hyssop, Ladies Mantle, Lavender, Lemon Balm, Mistletoe, Motherwort, Oats, Passion Flower, Pasqueflower, Passion Flower, Poppy, Rosemary, Skullcap, St Johns Wort, Sweet Marjoram, Thyme, Valerian, Vervain, Wild Lettuce.

#### APPENDICITIS:

Agrimony, Cranesbill, Echinacea, Golden Seal, Wild Yam.

#### APPETITE LOSS:

Balmony, Barberry, Black Pepper, Blessed Thistle, Boldo, Boneset, Calamus, Cannabis, Caraway, Cardamom., Carscada Sagrada, Centuary, Chamomile, Cinnamon, Cranberries, Galangal, Gentian, Ginseng, Groundsel, Lavender, Patchouli, Peruvian Bark, Quince, True Unicorn Root, White Poplar, Wormwood.

#### ARTERIOSCLEROSIS:

Burdock Root, Cayenne Pepper, Cinnamon, Lime, Hawthorn, Honey, Horse Chestnut, Mistletoe, Orange Pekoe Tea, Sunflower Seeds, Tilia Cordata.

#### ARTHRITIS:

Agrimony, Alfalfa, Black Cohosh, Black Currant, Black Pepper, Blue Flag, Bogbean, Boldo, Borage, Cabbage, Celery Seed, Chamomile, Cinnamon, Cleavers, Corn, Crampbark, Dandelion Root, Devil's Claw, Elder, Fennel, Feverfew, Galangal, Green Tea, Goldenrod, Guaiacum, Honey, Honey Suckle, Horny Goat Weed, Horse Tail, Juniper, Meadow Sweet, Mustard, Orange Blossom, Oregon Grape, Peruvian Bark, Parsley, Pineapple, Pumpkin, Prickly Ash, Sarsaparilla, Silver Birch, Skullcap, Sorrel, St Johns Wort, Sweet Marjoram, White Poplar, Wild Yam, Willow Tree, Yellow Cedar.

#### ASTHMA:

Agrimony, Almond, Anise, Barley, Black Cohosh, Blood Root, Blue Cohosh, Butterbur, Camphor, Cannabis, Cardamom, Catmint, Celery, Chamomile, Coltsfoot, Cow Slip, Crampbark, Elder, Elecampane, Ephedra, Eucalyptus, Fennel, Feverfew, Garlic, Grindelia, Ground Ivy, Honey Suckle, Horehound, Horse Radish, Licorice, Lobelia, Monnier's Snow Parsley, Mugwort, Mullein, Oregano, Pasqueflower, Peaches, Pill-Bearing Spurge, Plantain, Sage, Savory, Saw Palmetto, Sea Salt,

Senega Snakeroot, Sundew, Sweet Violet, Vervain, Wild Yam, Wood Betony, Yellow Dock.

## B

### BLOOD PRESSURE {HIGH}:

Apples, Bananas, Barley, Basil, Betony, Black Cohosh, Black Currant, Borage, Cannabis, Celery, Chrysanthemum, Cocoa Bean, Crampbark, Dandelion Root, Fennel, Fenugreek, Flax, Garlic, Ginger, Goldenseal, Hawthorn, Horny Goatweed, Horseradish, Juniper, Lemon Balm, Mistletoe, Motherwort, Oats, Olive Oil, Passion Flower, Quince, Sea Salt, Self Heal, Tilia Cordata, Valerian Root, Vinegar, Yarrow,

### BOILS:

Barberry, Blessed Thistle, Blue Flag, Borage, Chickweed, Chrysanthemum, Coltsfoot, Comfrey, Corn, Devil's Claw, Echinacea, Elder, Figwort, Flax Seed, Garlic, Good King Henry, Hops, Iceland Moss, Lobelia, Marigold, Marshmallow, Mullein, Myrrh, Pasqueflower, Passion Flower, Pine Tree, Plantain, Red Clover, Slippery Elm, Soapwort, Yellow Dock.

### BRONCHITIS:

Almond, Angelica, Anise, Balm Of Gilead, Basil, Bay Leaf, Black Mustard, Boneset, Butterbur, Calamus, Camphor, Cannabis, Caraway, Cardamom, Catmint, Celery, Coltsfoot, Echinacea, Elder, Elecampane, Fennel, Flax, Frankincense, Garlic, Grindelia, Horehound, Hyssop, Irish Moss, Licorice, Lobelia, Mallow, Marshmallow, Mouse Ear, Mullein, Nasturtium, Oregano, Peaches, Pill-Bearing Spurge, Pineapple, Plantain, Pleurisy Root, Red Clover, Sandalwood, Senega Snakeroot, Slippery Elm, Squill, Sundew, Sweet Violet, Wild Cherry, Yellow Cedar, Yellow Dock.

### BRUISES:

Aloe Vera, Arnica, Agrimony, Avens, Balm Of Gilead, Bay Leaf, Bistort, Black Mustard, Black Pepper, Blue Flag, Cabbage, Caraway, Catmint, Chickweed, Comfrey, Corn, Elder, Epsom Salts, Fennel, Feverfew, Goldenrod, Ground Ivy, Herb Robert, Hops, Horse Chestnut, Hyssop, Lady's Mantle, Lobelia, Madder, Mallow, Marigold, Marshmallow, Mullein, Pennyroyal, Pistachios, Plantain, Pleurisy Root, Potato, Quince, Self Heal, Slippery Elm, St John's Wort, Stone Root, Sweet Marjoram, Witch Hazel, Wormwood.

### BURNS:

Allspice, Aloe Vera, Barley, Bearberry, Bear's Breeches, Bistort, Black Berry, Cannabis, Catmint, Chamomile, Chickweed, Cleavers, Cocoa Bean, Creeping Buttercup, Devil's Claw, Elder, Flax, Grindelia, Marigold, Mullein, Olive Oil, Pellitory, Pennyroyal, Pine Tree, Plantain, Pumpkin, Raspberries, Quince Seed, Sea Buckthorn, Slippery Elm, St John's Wort, Stone Root, Tilia Cordata, Tomato, Thyme, Yarrow, Vinegar, Willow Tree, Witch Hazel, Yellow Cedar.

## C

### CATARRH:

Bay Berry, Bistort, Boneset, Borage, Cannabis, Coltsfoot, Cowslip, Echinacea, Elder, Ephedra, Eucalyptus, Eyebright, Galangal, Garlic, Goldenrod, Golden Seal, Grindelia, Ground Ivy, Holly, Iceland Moss, Lemon Balm, Mallow, Mouse Ear, Mullein, Myrrh, Olive Oil, Pellitory, Pine, Plantain, Pleurisy Root, Saw Palmetto, Slippery Elm, Stone Root, Sweet Violet, Wild Cherry, Wild Indigo, Wild Lettuce.

#### CHILBLAINS:

Camphor, Cayenne, Elder, Ginger Root, Horseradish, Black Mustard, Prickly Ash, White Poplar.

#### COLDS:

Angelica, Avens, Bananas, Basil, Bayberry, Betony, Black Currant, Black Pepper, Boneset, Borage, Butterbur, Camphor, Catmint, Cayenne, Cedar, Chamomile, Cocoa Bean, Coriander, Cumin, Echinacea, Elder, Eucalyptus, Eyebright, Garlic, Ginger, Goldenrod, Golden Seal, Feverfew, Horehound, Hyssop, Korean Wild Sesame, Lavender, Lemon Balm, Lemon Grass, Meadow Sweet, Nasturtium, Oak, Olive Oil, Patchouli, Peppermint, Pine, Rose Hips, Rosemary, Sage, Sassafras, Saw Palmetto, Sea Buckthorn, Senega Snakeroot, Sunflower Seeds, Tilia Cordata, Yarrow, White Poplar, Winter Green, Wood Betony, Yellow Cedar.

#### COLIC:

Allspice, Angelica, Anise, Balmony, Basil, Bay Leaf, Bergamot, Black Mustard, Blessed Thistle, Blue Cohosh, Blue Flag, Boldo, Calamus, Carrot, Catmint, Chamomile, Coriander, Crampbark, Cumin, Dill, Elder, Hyssop, Gentian, Ginger, Ground Ivy, Jambul, Lavender, Lemon Balm, Licorice, Lovage, Oregano, Pennyroyal, Rue, Savory, Thyme, Tilia Cordata, Tormentil, True Unicorn Root, Valerian, Wild Lettuce, Wild Yam, Winter Green, Wormwood.

#### COLITIS:

Agrimony, Bayberry, Bistort, Bogbean, Caraway, Comfrey, Cranesbill, Juniper, Lemon Balm, Marshmallow, Meadowsweet, Oak, Slippery Elm, Stone Root, Tormentil.

#### CONJUNCTIVITIS:

Amla, Barberry, Chamomile, Eyebright, Fennel, Golden Seal, Licorice, Marigold.

#### CONSTIPATION:

Almond, Aloe Vera, Balmony, Banana, Barberry, Black Root, Blue Flag, Bogbean, Boldo, Buckthorn, Butterbur, Cabbage, Cannabis, Cardamom, Carscara Sagrada, Cat Mint, Chickweed, Crampbark, Damiana, Dandelion Root, Fennel, Figwort, Flax Seed, Goldenseal, Olive Oil, Orange Blossom, Peaches, Psyllium, Senega Snakeroot, Strawberries, Yellow Dock, Wheat.

#### CONVALESCENCE:

Borage, Damiana, Ginseng, Irish Moss, Licorice, Peaches, Quassia, Rosemary, Slippery Elm, Yellow Dock.

\

#### COUGHS:

Agrimony, Almond, Aloe Vera, Anise, Bay Laurel Leaf, Betony, Black Root, Borage, Cannabis, Carrot, Cedar, Chamomile, Coltsfoot, Comfrey, Cowslip, Cumin, Echinacea, Elecampane, Fennel, Feverfew, Flax, Garlic, Ginger Root, Good King Henry, Ground Ivy, Honey, Hops, Horehound, Horseradish, Hyssop, Iceland Moss, Irish Moss, Lemon Balm, Lemongrass, Licorice, Mallow, Marshmallow, Mouse Ear, Mullein, Oak, Olive Oil, Orange Blossom, Oregano, Peaches, Pellitory, Pine Tree, Plantain, Red Clover Flower, Rose, Rue, Saffron, Saw Palmetto, Slippery Elm, St Johns Wort, Sundew, Sunflower Seeds, Sweet Cicely, Sweet Violet, Tilia Cordata, Vinegar, Wheat, Wild Lettuce, Yellow Cedar.

#### CRAMPS:

Basil, Black Cohosh, Boldo, Burr Marigold, Caraway, Cardamom, Cayenne, Chamomile, Chickweed, Cinnamon, Cowslip, Crampbark, Dill, Garlic, Echinacea, Elecampane, Ginger, Fennel, Honey Suckle, Hops, Lavender, Marigold, Mother Wort, Mullein, Oregon Grape, Pasqueflower, Passion Flower, Rue, Skullcap, Tilia Cordata, Valerian, White Poplar, Wild Lettuce, Wild Yam.

D

#### DEBILITY:

Agrimony, Almond, Balmony, Barberry, Betony, Blessed Thistle, Bogbean, Calamus, Cannabis, Cayenne Pepper, Crampbark, Dandelion, Damiana, Gentian, Ginger, Golden Seal, Hawthorn, Hops, Irish Moss, Rosemary, Life Root, Mugwort, Oats, Peruvian Bark, Quassia, Saw Palmetto, True Unicorn Root, White Poplar, Wormwood.

#### DEPRESSION:

Banana, Basil, Bergamot, Blessed Thistle, Camphor, Cannabis, Celery, Chamomile, Chaste Tree, Damiana, Elder, Garlic, Jasmine, Lavender, Lemon Balm, Milk Thistle, Mistletoe, Mugwort, Nutmeg, Oats, Orange Blossom, Rosemary, Skullcap, Southernwood, St Johns Wort, Thyme, Valerian, Vervain, Wormwood, Yellow Dock.

#### DIARRHEA:

Agrimony, Allspice, Amla, Apples, Avens, Barberry, Bayberry, Betony, Bistort, Black Berry, Black Cohosh, Black Cohosh, Black Pepper, Blessed Thistle, Carrot, Catmint, Chaste Tree, Cloves, Comfrey, Cranberries, Cranesbill, Galangal, Ginger, Goldenrod, Goldenseal, Ground Ivy, Hawthorn Berry, Herb Robert, Horse Radish, Jambul, Lady's Mantle, Marigold, Meadowsweet, Mouse Ear, Mullein, Nutmeg, Oak, Oats, Oregon Grape, Patchouli, Plantain, Prickly Ash, Psyllium, Raspberry, Sea Buckthorn, Self-Heal, Silverweed, Thyme, Tormetil, Vervain, White Poplar, Wood Botany, Yarrow,

#### DIABETES:

Alfalfa, Allspice, Amla, Banana, Barley, Bistort, Cabbage, Celery, Cinnamon, Cleavers, Corn, Fenugreek, Ginseng, Herb Robert, Horsetail, Irish Moss, Oats, Strawberries, Vinegar.

#### DIVERTICULITIS:

Comfrey, Chamomile, Marshmallow, Psyllium, Wild Yam.

#### E

##### EAR ACHES:

Barley, Echinacea, Feverfew, Garlic, Jasmine, Mullein, Olive Oil, Oregano, Pasqueflower.

#### ECZEMA:

Almond, Black Mustard, Black Pepper, Blue flag, Burdock, Cabbage, Calamus, Chamomile, Chickweed, Cleavers, Coltsfoot, Comfrey, Dandelion Root, Figwort, Goldenseal, Grindelia, Honey, Nettle, Monnier's Snow Parsley, Mullein, Nasturtium, Oats, Oregon Grape, Patchouli, Pennyroyal, Psyllium, Red Clovers, Sarsaparilla, Sea Buckthorn, Silver Birch, Soap Wort, Valerian Root, Vervain, Witch Hazel, Yellow Dock.

#### EPILEPSY:

Arnica, Barley, Basil, Black Mustard, Black Pepper, Blue Cohosh, Calamus, Cannabis, Caraway, Elder, Garlic, Hyssop, Mistletoe, Mugwort, Passion Flower, Rosemary, Rue, Skullcap, Sweet Violet, Valerian.

#### F

##### FEVER:

Angelica, Barley, Black Root, Boneset, Borage, Chamomile, Cannabis, Catmint, Cayenne, Coffee Bean, Echinacea, Elder, Ephedra, Eucalyptus, Eyebright, Feverfew, Galangal, Ginger, Gravel Root, Grindelia, Hops, Licorice Root, Mistletoe, Olive Oil, Oregon Grape, Peruvian bark, Plantain, Pleurisy Root, Sage, Slippery Elm, Strawberries, Sunflower Seeds, Tormenit, Vanilla, Vervain, Willow Tree, Yellow Cedar.

#### FIBROSITIS:

Cayenne, Ginger, Horseradish, Rosemary, Peppermint, Vervain, Wintergreen,.

#### FLATULENCE:

Allspice, Angelica, Anise, Basil, Black Pepper, Black Root, Boldo, Calamus, Caraway, Cardamom, Carrot, Cayenne, Celery, Chamomile, Chaste Tree, Cinnamon, Cloves, Cumin, Dill, Ginger, Gentian, Coriander, Fennel, Galangal, Hyssop, Juniper, Lavender, Lemon Balm, Lovage, Marjoram, Motherwort, Nutmeg, Orange Blossom, Oregano, Parsley, Pennyroyal, Peppermint, Rue, Sweet Cicely, True Unicorn Root, Valerian, Wild Lettuce, Winter Green, Worm Wood, Yellow Dock.

## FUNGAL INFECTIONS:

Celandine, Cinnamon, Cloves, Elecampane, Goldenseal, Marigold, Myrrh, Yellow Cedar, Yellow Dock.

## G

### GALLBLADDER:

Balmony, Barberry, Black Root, Blue Flag, Bogbean, Boldo, Burdock, Celandine, Dandelion, Devil's Claw, Fringe Tree Bark, Goldenseal, Lavender, Marshmallow, Milk Thistle, Vervain, Wild Yam, Wormwood.

### GASTRITIS:

Borage, Calamus, Comfrey, Cranesbill, Chamomile, Iceland Moss, Irish Moss, Licorice, Mallow, Meadow Sweet, Oats, Peach Leaves, Plantain, Slippery Elm, Quince, Wild Yam, Yarrow.

### GINGIVITIS:

Bistort, Borage, Echinacea, Goldenseal, Mallow, Marigold, Marshmallow, Myrrh, Oak Bark, Oat, Peaches, Plantain, Poke Root, Sea Buckthorn, Self-Heal, Slippery Elm, Tormentil, Wild Indigo, Wild Yam, Yarrow.

### GLANDS:

Black Currant, Blue Flag, Cleavers, Couch Grass, Echinacea, Fenugreek, Garlic, Ginseng, Licorice, Poke Root, Marigold, Myrrh, Saw Palmetto, Wild Indigo, Wormwood.

### GOUT:

Allspice, Barley, Bear Berry, Bear's Breeches, Betony, Black Berry, Black Currants, Bogbean, Burdock, Cannabis, Celery, Centuary, Chamomile, Cleavers, Cloves, Coffee Bean, Comfrey, Corn, Creeping Buttercup, Dandelion, Devil's Claw, Elecampane, Fennel, Fenugreek, Foxglove, Gravel Root, Ground Ivy, Guaiacum, Mullein, Nasturtium, Oats, Parsley, Pellitory, Pennyroyal, Pineapple, Potato, Psyllium, Red Clover Flower, Sarsaparilla, Silver Birch, Slippery Elm, Sorrel, St Johns Wort, Sweet Cicely, Tansy, Thyme, Vervain, Yellow Dock, White Poplar.

## H

### HAYFEVER:

Elder, Ephedra, Eyebright, Goldenseal, Garlic, Honey, Horseradish, Lavender, Peppermint.

### HEADACHES:

Aloe Vera, Betony, Black Mustard, Blue Dragon, Burdock, Chamomile, Chaste Tree, Chrysanthemum, Cinnamon, Cowslip, Cumin, Devil's Claw, Echinacea, Elder, Feverfew, Ginger Root, Ground Ivy, Hops, Jasmine, Ladies Mantle, Lavender, Lemon Balm, Licorice, Lovage, Rue, Meadow Sweet, Mistletoe, Nasturtium, Orange Blossom, Passion Flower, Patchouli, Pennyroyal, Peppermint, Pepper Weed,



Peruvian Bark, Rosemary, Rue, Sage, Self Heal, Skullcap, Soy Beans, St John's Wort, Sweet Marjoram, Sweet Violet, Tilia Cordata, Tomato, Valerian, Vervain, Willow Tree, Wood Betony, Yellow Cedar, Yellow Dock.

#### HEARTBURN:

Almond, Anise, Barberry, Black Pepper, Chamomile, Fennel, Devil's Claw, Iceland Moss, Irish Moss, Licorice, Mallow, Marshmallow, Meadowsweet, Slippery Elm, Thyme.

#### HEMORRHOIDS:

Aloe Vera, Avens, Bistort, Balmony, Black Root, Chamomile, Comfrey, Cranesbill, Garlic, Goldenseal, Green Tea, Ground Ivy, Horseradish, Lady's Mantle, Myhhr, Oak Bark, Oats, Patchouli, Plantain, Psyllium, Silverweed, Soy Bean, St Johns Wort, Stone Root, Tormentil, Yarrow.

#### HYPERSENSITIVITY:

Chamomile, Ephedra, Lavender.

#### I

#### IMPOTENCE:

Anise, Burdock, Damiana, Gravel Root, Horny Goat Weed, Jasmine, Monnier's Snow Parsley, Saw Palmetto, Vanilla.

#### INCONTINENCE:

Agrimony, Cardamom, Ephedra, Horny Goatweed, Horsetail.

#### INDIGESTION:

Agrimony, Allspice, Amla, Anise, Avens, Basil, Barberry, Bay Berry, Black Cohosh, Black Currants, Black Pepper, Blue Flag, Bogbean, Boldo, Boneset, Borage, Burr Marigold, Calamus, Camphor, Cannabis, Cardamom, Catmint, Cayenne, Celery, Centuary, Chamomile, Cinnamon, Cloves, Corn, Couch Grass, Cranberries, Damiana, Dill, Echinacea, Elecampane, Eucalyptus, Eyebright, Fennel, Flax, Fringe Tree, Galangal, Garlic, Gentian, Ginger, Ginseng, Goldenrod, Green Tea, Ground Ivy, Herb Robert, Honey, Horseradish, Hyssop, Irish Moss, Juniper, Lemon Balm, Licorice, Meadow Sweet, Marigold, Monnier's Snow Parsley, Myhhr, Nasturtium, Nutmeg, Oak, Onions, Oregano, Parsley, Oregon Grape, Pellitory, Pennyroyal, Peppermint, Peruvian Bark, Pineapple, Pomegranate, Psyllium, Quassia, Rose Herbal Tea, Sage, Sea Salt, Slippery Elm, St Johns Wort, Stone Root, Sweet Violet, Thyme, Tilia Cordata, True Unicorn Root, Ume Japanese Plum, Valerian Root, White Poplar, Wild Cherry, Wild Indigo, Wild Yam, Wormwood, Yarrow, Yellow Cedar, Yellow Dock.

#### INFECTIONS:

Amla, Ashitaba Root, Avens, Bar Berry, Bay Berry, Black Cohosh, Black Currants, Bogbean, Boneset, Borage, Camphor, Cannabis, Cardamom, Cayenne Pepper,

Chamomile, Cinnamon, Cleavers, Cloves, Corn, Couch Grass, Cranberries, Echinacea, Elecampane, Eucalyptus, Eyebright, Fennel, Fenugreek, Flax, Fringe Tree, Garlic, Gentian, Ginger, Goldenrod, Goldenseal, Green Tea, Herb Robert, Honey, Horseradish, Hyssop, Irish Moss, Juniper, Lemon Balm, Marigold, Meadow Sweet, Monnier's Snow Parsley, Myrrh, Nasturtium, Oak, Onions, Oregon Grape, Parsley, Pellitory, Pennyroyal, Peruvian Bark, Pineapple, Pomegranate, Rose, Sage, Sea Salt, St John's Wort, Sweet Violet, Thyme, White Poplar, Wild Indigo, Wormwood, Yarrow, Yellow Cedar, Yellow Dock.

#### INFLUENZA:

Angelica, Basil, Bay Berry, Bay Laurel Leaf, Bay Leaf, Black Currants, Black Mustard, Boneset, Borage, Burdock, Catmint, Cayenne, Chamomile, Cinnamon, Dill, Echinacea, Elder, Ephedra, Eucalyptus, Garlic, Ginger, Goldenrod, Goldenseal, Horehound, Horseradish, Irish Moss, Korean Wild Sesame, Lemon Balm, Lime, Meadow Sweet, Mouse Ear, Nasturtium, Onions, Peruvian Bark, Pine Tree, Pleurisy Root, Rose, Rose Hips, Sea Buckthorn, Soy Beans, St John's Wort, Tarragon, Tilia Cordata, White Poplar, Yarrow.

#### INSOMNIA:

Apple, Banana, Basil, Boldo, Chamomile, Chickweed, Cleavers, Cowslip, Cumin, Ephedra, Hawthorn Berries, Hops, Lavender, Lemon Balm, Meadow Sweet, Nutmeg, Passion Flower, Pasque Flower, Passion Flower, Patchouli, Poppy, Oat, Orange Blossom, Rosemary, Skullcap, Soy Bean, Sweet Marjoram, Sweet Violet, Tarragon, Valerian, Vervain, Wild Lettuce.

#### ITCHING:

Aloe Vera, Black Pepper, Burdock, Chickweed, Cleavers, Goldenseal, Flax, Hyssop, Licorice, Marigold, Meadowsweet, Monnier's Snow Parsley, Oats, Oregon Grape, Peppermint, Rose Hips, Sage, Soapwort, St John's Wort, Yellow Dock.

#### IRRITABLE BOWEL SYNDROME:

Aloe Vera, Avens, Bay Berry, Bistort, Borage, Crampbark, Cranesbill, Juniper, Iceland Moss, Marshmallow, Passion Flower, Plantain, Psyllium, Stone Root, Thyme, Tormentil, Valerian Root, White Poplar, Wild Cherries, Wild Yam.

#### J

#### JAUNDICE:

Agrimony, Aloe Vera, Amla, Balmony, Barberry, Bayberry, Bay Leaf, Betony, Bistort, Bittersweet, Black Root, Blessed Thistle, Bogbean, Boldo, Borage, Burr Marigold, Cannabis, Carscada Sagrada, Centuary, Corn, Couch Grass, Dandelion, Fennel, Flax, Fringe Tree, Garlic, Goldenseal, Ground Ivy, Groundsel, Herb Robert, Holly, Hops, Hyssop, Lovage, Maddar, Milk Thistle, Mouse Ear, Oregano, Oregon Grape, Parsley, Peach Bark, Radish, Rue, True Unicorn Root, Saffron, Seal Heal, Soap Wort, Sorrel, St John's Wort, Straw Berries, Sweet Violet, Tormentil, Vervain, Wild Yam, Wood Bethany, Yellow Dock.

## K

### KIDNEY STONES:

Agrimony, Barberry, Bearberry, Cardamom, Carrot, Cleavers, Cocoa Beans, Cornsilk, Couchgrass, Cranberries, Dandelion, Goldenrod, Gravel Root, Horseradish, Horsetail, Hydrangea, Madder, Meadow Sweet, Parsley, Pellitory, Silver Birch, Sorrel, Stone Root, Yarrow.

## L

### LABOUR PAINS {FALSE}:

Black Cohosh, Blue Cohosh, Crampbark, Motherwort, Valerian, Vervain, Wild Lettuce.

### LARYNGITIS:

Agrimony, Balm Of Gilead, Bayberry, Bistort, Blood Root, Caraway, Chamomile, Echinacea, Eucalyptus, Fenugreek, Frankincense, Goldenseal, Lady's Mantle, Licorice, Mallow, Myrrh, Oak Bark, Oats, Sage, Sweet Marjoram, Thyme, Tormentil.

### LIVER TONICS:

Agrimony, Allspice, Almond, Amla, Avens, Balmony, Barberry, Barley, Bay Leaf, Betony, Blueberries, Bogbean, Borage, Black Currants, Black Root, Blessed Thistle, Blue Flag, Boldo, Burdock, Cabbage, Carscada Sagrada, Centuary, Chamomile, Cleavers, Cocoa Bean, Coffee Bean, Colts Foot, Couch Grass, Cumin, Dandelion, Devil's Claw, Fennel, Flax, Fringe Tree, Garlic, Gentian, Goldenseal, Hops, Horseradish, Horny Goatweed, Lady's Mantle, Lavender, Licorice, Madder, Milk Thistle, Mouse Ear, Oak Bark, Oregon Grape, Parsley, Peppermint, Pistachios, Rosemary, Sea Buckthorn, Sage, Skullcap, Southernwood, Soy Beans, Strawberries, Valerian, White Poplar, Wild Lettuce, Wild Yam, Witch Hazel, Wormwood, Yellow Dock.

### LUMBAGO:

Black Mustard, Cayenne Pepper, Ginger Root, Monnier's Snow Parsley, Potato, Ragwort, Wintergreen.

## M

### MALARIA:

Boldo, Cannabis, Cinnamon, Cloves, Coffee Beans, Horse Chestnut, Gentian, Liver, Peruvian Bark, Quassia.

### MENOPAUSE:

Beth Root, Black Cohosh, Black Currants, Blessed Thistle, Blue Cohosh, Chaste Tree, False Unicorn Root, Fever Few, Flax Seed, Goldenseal, Groundsel, Hawthorn Berry, Lady's Mantle, Licorice, Marigold, Motherwort, Red Clover, Soy Bean, St John's Wort.

### MENSTRUATION PROBLEMS:

Bay Berry, Beth Root, Bistort, Black Cohosh, Blue Cohosh, Carrot, Catmint, Chaste Tree, Cinnamon, Crampbark, Cranesbill, Damiana, Fennel, Pennyroyal, Rue, False

Unicorn Root, Gentian, Goldenseal, Lady's Mantle, Marigold, Motherwort, Nutmeg, Pasque Flower, Pennyroyal, Saffron, Skullcap, Southernwood, St John's Wort, Sweet Marjoram, Valerian Root, Wild Lettuce, Wild Yam, Wormwood, Yarrow, Yellow Cedar.

#### MIGRAINE:

Cannabis, Damiana, Feverfew, Lemon Balm, Mistletoe, Passion Fruit, Peppermint, Skullcap, Sweet Violet, Wormwood.

#### MILK STIMULATION {NURSING MOTHERS}:

Alder Tree, Borage, Caraway, Cumin, Dill, Fennel, Fenugreek, Hops, Milk Thistle.

#### MISCARRIAGE:

Blue Cohosh, Crampbark, False Unicorn Root, Hyssop, Parsley, Skullcap.

#### MOUTH ULCERS:

Avens, Cranesbill, Barberry, Bistort, Black Berry, Black Currants, Blue Berry Root, Burr Marigold, Feverfew, Fringe Tree, Goldenrod, Horsetail, Lady's Mantle, Licorice, Lilac, Myrrh, Nasturtium, Oak, Plantain, Pomegranate, Quince, Sage, Self Heal, Slippery Elm, Tansy, Tormentil, Vervain, Wild Indigo.

#### N

##### NAUSEA:

Anise, Avens, Balmony, Black Pepper, Blue Cohosh, Blue Flag, Calamus, Cannabis, Catmint, Chamomile, Cinnamon, Cloves, Coriander, Echinacea, Fennel, Galangal, Gentian, Ginger, Ginseng, Honey, Horehound, Horseradish, Korean Wild Sesame, Lady's Mantle, Lemon Balm, Marshmallow, Meadowsweet, Nutmeg, Patchouli, Peppermint, Savory, Sumomo Japanese Plum, Tobacco, Valerian, Wild Yam.

##### NEURALGIA:

Allspice, Betony, Black Cohosh, Black Mustard, Butterbur, Calamus, Cannabis, Camphor, Chamomile, Echinacea, Ginger, Groundsel, Hops, Horse Chestnut, Mistletoe, Pasque Flower, Passion Flower, Peruvian Bark, Skullcap, St John's Wort, Valerian,

##### NOSE BLEEDS:

Betony, Corn, Groundsel, Lady's Mantle, Marigold, Oak Leaves, Tormentil, Willow Tree, Witch Hazel.

#### O

##### OVARIAN PAIN:

Pasque Flower, Passion Flower, Skullcap, St John's Wort, Valerian, Wild Yam.

## P

### PAIN:

Almond, Balm Of Gilead, Banana, Barley, Basil, Black Cohosh, Black Currants, Black Pepper, Black Root, Black Willow, Blue Flag, Boldo, Burdock, Butterbur, Camphor, Cannabis, Catmint, Cayenne Pepper, Chamomile, Cinnamon, Comfrey, Cowslip, Crampbark, Cumin, Devil's Claw, Dill, Fennel, Feverfew, Fringe Tree, Galangal, Ginger, Green Tea, Groundsel, Guaiacum, Honey, Hops, Horehound, Horny Goat Weed, Horsetail, Hydrangea, Juniper, Korean Wild Sesame, Lemon Balm, Licorice, Mallow, Mandrake, Marshmallow, Meadowsweet, Mullein, Myhr, Oats, Oregano, Oregon Grape, Passion Flower, Pellitory, Plantain, Pleurisy Root, Potato, Prickly Ash, Rooibos, Rosemary, Sassafras, Sea Salt, Skullcap, Slippery Elm, Southernwood, St Johns Wort, Sweet Marjoram, Tobacco, True Unicorn Root, Valerian, Wild Lettuce, Wild Yam, Wheat, Willow Tree, Witch Hazel, White Poplar, Yarrow. Yellow Cedar, Yellow Dock.

### PALPITATIONS:

Borage, Camphor, Hawthorn Berry, Lavender, Motherwort, Orange Blossom, Passion Flower, Skullcap, Valerian.

### PHLEBITIS:

Hawthorn, Horse Chestnut, Mistletoe, Tilia Cordata, Yarrow.

### PREGNANCY SICKNESS:

Blue Cohosh, Chamomile, False Unicorn Root, Ginger, Horehound, Korean Wild Sesame, Meadowsweet, Peach Tree Leaves, Peppermint, Raspberries.

### PREGNANCY {TONIC For End Of }:

Black Cohosh, Raspberry Leaf, Squaw Vine.

### PRE-MENSTRUAL TENSION:

Borage, Betony, Chaste Tree, Dandelion, Pasque flower, Passion Flower, Skullcap, Tilia Cordata, Vervain.

### PROSTATE:

Corn Silk, Couch Grass, Damiana, Gravel Root, Horsetail, Hydrangea, Pumpkin, Red Clover, Saw Palmetto, Tomato.

### PSORIASIS:

Balm Of Gilead, Blue Flag, Burdock, Chickweed, Cleavers, Echinacea, Feverfew, Figwort, Flax Seed, Goldenseal, Juniper, Oregon Grape, Red Clover, Sarsaparilla, Sassafras, Sea Buckthorn, Silver Birch, Strawberries, Soy Bean, Yellow Cedar, Yellow Dock, Witch Hazel.

.

## R

### RHEUMATISM:

Agrimony, Allspice, Angelica, Anise, Balm Of Gilead, Barberry, Bear Berry, Bergamot, Betony, Black Cohosh, Black Berry, Black Currant, Black Mustard, Blue Cohosh, Bogbean, Boldo, Borage, Burdock, Cannabis, Cayenne, Cedar, Celery Seed, Chickweed, Cinnamon, Coffee, Couchgrass, Creeping Buttercup, Dandelion, Devil's Claw, Elder, Fennel, Flax Seed, Fringe Tree, Garlic, Ginger, Goldenrod, Good King Henry, Gravel Root, Groundsel, Guaiacum, Holly, Hops, Horse Chestnut, Horsetail, Hyssop, Jasmine, Juniper Berries, Lady's Mantle, Lavender, Lemon Grass, Lobelia, Meadowsweet, Mustard, Oats, Oregano, Parsley, Peaches, Pistachios, Plantain, Pleurisy Root, Potato, Prickly Ash, Raspberries, Sage, Sarsaparilla, Sassafras, Sea Buckthorn, Silver Birch, Sorrel, Strawberries, Swamp Milkweed, Sweet Marjoram, Sweet Violet, Tomato, Thyme, True Unicorn Root, Vervain, White Poplar, Wild Carrot, Wild Lettuce, Wintergreen, Yellow Cedar, Yellow Dock.

## S

### SCIATICA:

Bar Berry, Black Cohosh, Burdock, Elecampane, Ground Ivy, Groundsel, Horseradish, Madder, Mugwort, Passion Flower, Pellitory, Psyllium, Rue, Savory, St John's Wort, Thyme, Yarrow.

### SHINGLES:

Echinacea, Flax Seed, Hops, Mistletoe, Passion Flower, Sarsaparilla, Skullcap, St John's Wort, Wild Lettuce, Wild Yam.

### SINUSITIS:

Black Pepper, Calamus, Chamomile, Elder, Eyebright, Garlic, Goldenrod, Goldenseal, Ground Ivy, Flax Seed, Hops, Pineapple, Plantain, Poke Root, Wild Indigo, Myrrh.

### SORE THROAT:

Agrimony, Balm Of Gilead, Bayberry, Bistort, Black Pepper, Cayenne Pepper, Chamomile, Chrysanthemum, Cinnamon, Echinacea, Elder, Eucalyptus, Garlic, Goldenrod, Goldenseal, Ground Ivy, Guaiacum, Honey, Honey Suckle, Horehound, Hyssop, Licorice, Myrrh, Oak, Pineapple, Plantain, Poke Root, Psyllium, Quince, Sage, Silverweed, Vinegar, Wheat.

### STRESS:

Banana, Bergamot, Betony, Black Currants, Borage, Celery, Chamomile, Damiana, Ginseng, Hawthorn Berry, Herb Robert, Horseradish, Horsetail, Lavender, Lemon

Balm, Licorice, Mistletoe, Oats, Olive Oil, Passion Flower, Pepper Weed, Sea Buckthorn, Skullcap, St John's Wort, Tilia Cordata, Valerian, Vervain, Wild Lettuce.

#### SUNBURN:

Aloe Vera, Cleavers, Cocoa Beans, Comfrey, Elder, Eyebright, Green Tea, Marigold, Strawberries, St John's Wort, Tomato, Wild Lettuce.

#### T

##### TENSION:

Barley, Betony, Borage, Cat Mint, Chaste Tree, Cinnamon, Cowslip, Damiana, Feverfew, Hops, Jasmine, Lilac Incense, Mistletoe, Motherwort, Orange Blossom Essential Oils, Pasque Flower, Passion Flower, Rosemary, Skullcap, St John's Wort, Sweet Marjoram, Tilia Cordata Blossoms, Thyme, Valerian, Vervain, Wild Lettuce.

##### TINNITUS:

Black Cohosh, Goldenseal, Goldenrod, Ground Ivy.

##### TONSILLITIS:

Cleavers, Echinacea, Elecampane, Garlic, Goldenseal, Myrrh, Oregano, Poke Root, Sage, Thyme, Wild Indigo.

##### TOOTHACHE:

Black Mustard, Black Pepper, Burr Marigold, Calamus, Cannabis, Celandine, Cloves, Ginger, Hyssop, Lavender, Prickly Ash, Tomato, Tormentil.

##### TRAVEL SICKNESS:

Ginger, Galangal, Horehound, Mandrake, Peppermint, Tobacco, Tomato.

##### TUMOURS:

Balmony, Bittersweet, Black Currants, Black Mustard, Celandine, Cleavers, Comfrey, Corn, Elder, Fenugreek, Frankincense, Ground Ivy, Hops, Mandrake, Mistletoe, Mullein, Oats, Red Clover, Soapwort, Sweet Violet, Witch Hazel, Yellow Cedar.

#### U

##### ULCERS:

Alfalfa, Avens, Banana, Bar Berry, Barley, Bistort, Calamus, Chamomile, Cinnamon, Cloves, Comfrey, Couch Grass, Cranberries, Cranesbill, Devil's Claw, Echinacea, Frankincense, Gentian, Ginger, Goldenrod, Goldenseal, Herb Robert, Honey, Irish Moss, Juniper Berries, Licorice, Mallow, Marigold, Marshmallow, Meadowsweet, Plantain, Psyllium, Quince, Self Heal, Slippery Elm, St Johns Wort, Yellow Dock.



#### ULCERS {SKIN}:

Amla Berry, Balmony, Bay Berry, Bear Berry, Bilberries, Bittersweet, Black Berry Leaves, Blessed Thistle, Burdock, Burr Marigold, Cabbage, Celandine, Centaury, Chickweed, Cleavers, Coltsfoot, Comfrey, Corn, Echinacea, Elecampane, Eucalyptus, Flax Seed, Garlic Ointment, Goldenrod, Goldenseal, Grindelia, Honey, Hops, Horse Chestnut, Lobelia, Mandrake, Marigold, Marshmallow, Mistletoe, Nasturtium, Oats, Plantain, Pleurisy Root, Prickly Ash, Sage, Sarsaparilla, Sassafras, Slippery Elm, Soy Beans, Strawberry, Tansy, Tormentil, Valerian Root, Yarrow.

#### V

##### VARICOSE ULCERS:

Comfrey, Elecampane, Goldenseal, Horse Chestnut, Marigold, Marshmallow.

##### VARICOSE VEINS

Allspice, Cabbage, Cannabis, Chickweed, Horse Chestnut, Hawthorn, Oats, Marigold, Patchouli, St Johns Wort, Stone Root, Witch Hazel, Yarrow.

##### VOMITING:

Blue Berries, Blue Flag, Cinnamon, Cloves, Comfrey, Curry Tree, Frankincense, Galangal, Horehound, Iceland Moss, Korean Wild Sesame, Lemon Balm, Meadowsweet, Nutmeg, Ginger, Peaches, Peppermint, Rosemary, Roses, Sage.

#### W

##### WARTS:

Bittersweet, Buckthorn, Corn, Marigold, Mullein, Pill-Bearing Spurge, Sundew, Thyme, Tormentil, Wild Lettuce, Willow Tree, Yellow Cedar.

##### WATER RETENTION:

Apples, Barberry, Bearberry, Black Currants, Borage, Burr-Marigold, Cannabis, Carrot, Celery, Cleavers, Corn Silk, Dandelion, Fennel, Gravel root, Guaiacum, Horse Chestnut, Horsetail, Juniper Berries, Licorice, Marshmallow, Parsley, Patchouli, Pellitory, Silver Birch, Stone Root, Sweet Violet, Thyme, Wild Yam, Yarrow, Yellow Dock.

##### WHOOPING COUGH:

Almond, Black Cohosh, Black Currants, Butterbur, Celandine, Coltsfoot, Comfrey, Echinacea, Ephedra, Eucalyptus, Garlic, Goldenrod, Grindelia, Horse Chestnut, Lobelia, Marshmallow, Mouse Ear, Mullein, Pleurisy Root, Red Clover, Sundew, Sunflower, Sweet Violet, Thyme, Tormentil, Wild Cherry, Wild Lettuce.

##### WORMS:

Balmony, Barberry, Basil, Bay Laurel Leaf, Betony, Bistort, Bogbean, Boldo, Boneset, Butterbur, Caraway, Carrot, Cedar, Centaury, Couch Grass, Elecampane, Fennel, Garlic, Gentian, Honey, Hops, Horseradish, Hyssop, Marigold, Wheat, Motherwort, Mugwort, Myhhr, Peach, Pennyroyal, Pineapple, Psyllium, Rue, Sage,

Sarsaparilla, Sorrel, Southernwood, St Johns Wort, Tansy, Tarragon, Thyme, Vervain, Wild Poplar, Wormwood.

## De Materia Medica Of Herbs:

The Agrimony (*Agrimonia Eupatoria*):



Agrimony has long been used as a Popular Domestic Herbal Remedy being a simple well known to all Country-Folk. The Plant is found abundantly throughout England, on Hedge-Banks and the sides of Fields, in Dry Thickets and on all Waste Places. In Scotland it is much more local and does not penetrate very far Northward. It belongs to the Rose Order of Plants, and its Slender Spikes of Yellow Flowers, which are in Bloom from June to early September, and the singularly Beautiful Form of its

much-cut-into leaves, make it one of the most graceful of our Smaller Herbs. The Agrimony is Harvested in late Spring and Early Summer and can be Dried for later use.

Agrimony is an Astringent and is a Mildly Bitter Herb, it is a helpful Remedy for Diarrhea and a Gentle Tonic for the Digestion as a whole. The whole Agrimony is an Antiaphonic, Astringent, and a Blood Purifier. Agrimony also makes a good Diuretic, and Tonic.

When taken Internally as an Infusion it is a Good Treatment of Jaundice and other complaints of the Liver, it is also used to Treat Diarrhea and as a Gargle for Sore Throats.

Externally, a Strong Decoction is used to Treat Wounds, Skin problems, and Hemorrhoids. The plant is used in Bach flower remedies - the keywords for prescribing it are "Mental torture" and "Worry, concealed from others". The Decoction of the Agrimony Roots and Leaves is Mixed with Honey or Sugar has been used successfully to Cure Scrofulous Sores, being Administered two or three times per day.

Agrimony is also used in combination with other Herbs as Remedy that helps in treating Cystitis and problems related to Urinary Incontinence. These Combination Remedies has also been successfully used in the Treatment of Kidney Stones, Rheumatism, and Arthritis. Herbal Remedies made from the Agrimony Herb has been used in the Treatment of Athlete's Foot. Agrimony Based Remedies was also usually prescribed for to Treat Persistent Coughs as well as Asthma.

Of the Agrimony, Nicholas Culpeper wrote:

"It is of a cleansing and cutting faculty, without any manifest heat, moderately drying and binding. It openeth and cleanseth the liver, helpeth the jaundice, and is very beneficial to the bowels, healing all inward wounds, bruises, hurts, and other distempers. The decoction of the herb made with wine, and drank, is good against the biting and stinging of serpents, and helps them that have foul, troubled or bloody water, and causes them to make water clear and speedily. It also helpeth the cholic, cleanseth the breast, and relieves the cough. A draught of the decoction, taken warm before the fit, first relieves, and in time removes the tertian or quartan ague."

The Adler Tree (*Alnus Glutinosa*):



The English Alder is a Moderately-Sized Tree or Large Shrub of Dark Colour,

usually growing in Moist Woods or Pastures or by Streams. Alder is a Deciduous Tree belonging to the Birch Family of the Genus *Alnus*. While this Genus includes approximately 30 species of Trees and Shrubs, the Alder Tree found in Europe may grow up to a Height of even 100 feet. The Timber from the Alder Trees is used Extensively. When the Tree is Immature, they are Fragile and it is easy to work on them. As the Wood becomes Mature it becomes Hued and Veined. The Timber of the Alder Trees found in the Mountainous Regions of Scotland are still utilized for making Attractive Chairs and is also referred to as 'Scottish Mahogany'. The Branches of the Alder Tree are useful as a Charcoal that is Important Part for making Gunpowder. The Bark of the Alder Trees is Utilized by Tanners, Dyers and Leather Dressers. In addition, the Inner Bark of the Tree is also weaved to make Fish Nets. The Alder Tree is preferred for using as Pilings and Posts in the Construction of Bridges and Sluice Gates. The Bark and Leaves are Harvested in the Spring and Dried for later use. The Leaves are Harvested in the Summer and used Fresh.

The Bark is an Alterative, Astringent, Cathartic, Febrifuge and a Tonic. The Fresh Bark will cause Vomiting, so use Dried Bark for all but Emetic Purposes. A Decoction of the Dried Bark is used to Bathe Swellings and Inflammations, especially of the Mouth and Throat. The Powdered Bark as well as the Leaves have been used as an Internal Astringent and Tonic, whilst the Bark has also been used as an Internal and External Haemostatic against Haemorrhage. The Dried Bark of Young Twigs are used, or the Inner Bark of Branches 2 - 3 Years Old.

Boiling the Inner Bark in Vinegar produces a useful Wash to get rid of Lice and to Treat a range of other Skin Problems such as Scabies and Scabs. This Vinegar Liquid can also be used as a Mouthwash.

The Leaves are an Astringent, Galactagogue and Vermifuge. They are used to help Reduce Breast Engorgement in Nursing Mothers. A Decoction of the Leaves is used in Folk Remedies for Treating Cancer of the Breast, Duodenum, Esophagus, Face, Pylorus, Pancreas, Rectum, Throat, Tongue, and Uterus.

The Alfalfa (*Medicago Sativa*):



Another member of the Green Pea Family, it has been generally prescribed by Herbalists for the treatment of a variety of Ailments and Disorders. It was named Al-falfa "Father of Plants," by the Arabs as they were among the first peoples to recognize its Marvelous Herbological Properties. Alfalfa is commonly added to other herbs for its Nutritive Qualities. The larger role of the Alfalfa is perhaps not as a medicine, but as a Nutritious Health Food during Therapeutic Diets. Alfalfa are often given to Convalescing Patients or Individuals in Recovery from recent Illness.

Biochemically the Plant is rich in Fiber, it contains a variety of Proteins, different Fats, and is also very rich in many different types of Essential Minerals - including among others, the essential mineral Calcium, Phosphorus and Iron. The Plant also contains many Organic Acids, it is also rich in the Vitamin K, and contains trace amounts of the Vitamin C. The Plant also has a variety of Plant Pigments which aside from Chlorophyll, which is good for Respiratory Disorders particularly relating to the Sinuses and Lungs.

An article in the "Journal of the National Cancer Institute" reported that Alfalfa helps to Bind Carcinogens in the Colon to Speed Elimination and is said to be effective in eliminating Bad Breath, as it is high in Chlorophyll.

Herbal Alfalfa eaten with meals can prevent the excess Absorption of Cholesterol from food - this is a very beneficial effect, especially for the Arterial Blood Flow and particularly so, for the Heart and Circulation in general. Its helps to reduce Arterial Plaque helping to prevent Artheocleosis.

There have been testimonials written by people who used the Herbal Alfalfa Tea as a cure for different kinds of Arthritic Conditions, which includes serious conditions such as the Rheumatoid Arthritis - which affects a lot of people.

Many people have also claimed that Alfalfa Herbal Tea is effective in treating or reducing Diabetes, it is also said that the Herbal Remedy can help stimulate the Slack Appetite and that the herb can be used as a general tonic for treating Appetite Disorders.

An Alfalfa Extract has been found to cause release of more Insulin in the Body. Some noticeable effects such as Insulin-Releasing and Anti-Hyperglycemic activity were reported when the Extract was given to the Mice at.

Alfalfa is also known for being a Diuretic, helps to balance Hormones, and to help to reduce Cholesterol. It also has been known to help treat Ulcers and aids in Digestion. It is also used to treat

Drug and Alcohol Dependency and since it Alkalizes the Body, helps with Detoxification.

There is a warning to be Moderate in the Consumption of alfalfa is concerned. Results from Studies carried out since the year 1981, suggests that Irreversible Blood Abnormalities (Pancytopenia) can be often develop in Human Beings who ingest large quantities of the Alfalfa seeds. These Alarming Results are supported by the finding of subsequent studies carried out on Monkeys fed entirely on Alfalfa Seeds and Sprouts. Alfalfa can increase the ability of Blood to Clot after an Injury; therefore Alfalfa should not be used while taking Aspirin or Anti-clotting Medication.

Alfalfa may be related to Black Medick, but it has a lot more Medicinal Properties then Black Medick does!

Allspice (*Pimento Officinalis*):



Ground allspice seasoning is made by grinding the Dried Unripe Berries of the *Pimenta Dioica* Tree, which is also known as Jamaican Pepper. Ground Allspice can be used to season a variety of Dishes from Cookies, Pasta Sauces, and Soups. Allspice has the Flavor and Taste similar to a combination of equal parts of Cinnamon, Cloves, Nutmeg, and Black Pepper. It is also used for Jerking Meat and a Tea can be made from the Pimento Tree's Leaves Berries.

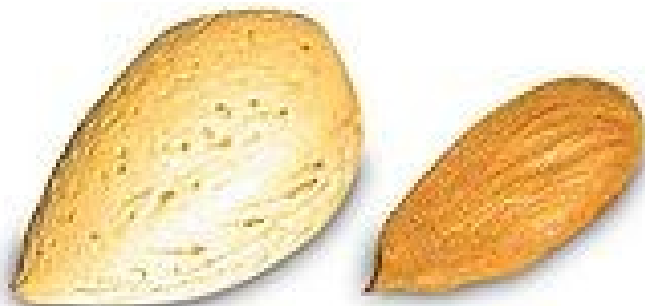
It has been found that Allspice to treat Nervous Exhaustion, Flatulence, Indigestion, and Diarrhea. An Essential Oil made from Allspice that is used for Analgesic, Antidontalgic, Aphrodisiac, Carminative, Ruefacient and for Stomachics. The Essential Oils can be used in the Bath, or as an Ointment for Aches & Pains.

Allspice can be used in the place of Cloves in some formulations. It is the Rind contains the most Active Medicinal Components. The Leaves are used in the Bath for Varicose Veins, Gout, and Edema. It also Lowers Blood Sugar (useful in Diabetes) and Improves Protein Absorption. Allspice is also useful for Oral Hygiene and helps cure Mild Pain.

The Warm Tea brewed with Ginger (plus inhalation of the warm vapors) used to help treat Hypothermia and also is used as a Reviving Agent when taken in cases of Frostbite. The Tea also is good for soothing the Pains of Frostbite. The Tea has Antiseptic properties and is used primarily as a Digestive Aid. Both the Tea and a Poultice are used for Rheumatism and Neuralgia.

The Almond (*Amygdalus Communis*):





The Almond, known as the King of Nuts, is a Highly Nutritious Food. It is Rich in almost all the Elements needed by the Body. It is an Effective Health-Building Food, both for the Body and Mind, and a Valuable Food Remedy for several Common Ailments.

The Medicinal Virtues of Almonds arise chiefly from Pharmacodynamic Action of Copper, Iron, Phosphorus and Vitamin B1. These Chemicals exert a Synergic Action giving Increased Energy due to Chemical Interaction and help the formation of New Blood Cells, Hemoglobin and play a Major Role in maintaining the Smooth Functions of Brain, Nerves, Bones, Heart, Strengthening the Muscles and Liver.

Almonds are very useful in case of loss of Sexual Energy which usually results from Nervous Debility. Their Regular Use will Strengthen Sexual Power. Chewing of equal quantity of Almond Kernels and Roasted Gram also help in Restoring Sexual Vigor.

I found a reference that due to the High Calcium Level of Almonds, Eating them is supposed to Lower the Risk of Colon and Rectal Cancers. Being High in Calcium, they would also be useful in preventing Osteoporosis.

Paste of Almonds with Milk Cream and Fresh Rose Bud's Paste applied daily over the Face is a very effective Beauty Aid. Wild Almonds are considered useful in Skin Diseases, especially Eczema. For this purpose, a few Leaves of the Wild Almond are Pulverized with Water and the Cream so prepared is applied to the Infected Parts. Almonds are also beneficial in the Treatment of Pimples. In this condition, the Endocarp, which is hard cover of the seed, should be Ground Up and mixed with Water and applied over the afflicted parts. In case of Inflammatory Condition of the Skin, the External Application of Almond Oil will ease the Pain and Cool the Heat.

A Teaspoonful of Almond Oil mixed with a Teaspoonful of Amla Juice, massaged over Scalp, is a Valuable Remedy for Falling Hair, Thinness of Hair, Dandruff and Premature Graying of Hair. Because of their Oily Character, Sweet Almonds sometimes give immediate relief in Heartburn. For this, it is recommended to Peel and Eat Six or Eight Almonds per day.

The use of Almonds has proved Highly Beneficial in the Treatment of Chronic Constipation. It is an Excellent Laxative. When Eaten at Bed Time, Almonds will facilitate a clear motion the next morning. And Almonds also helps to Lower Cholesterol.

An Emulsion of Almonds, which is made with Orange or Lemon Juice is useful in Bronchial Diseases, Hoarseness and Tickling Cough. Taken Three Times per Day for a fortnight, is useful in Whooping Cough, Bronchitis and Asthma.

Peeled Almonds can Relieve Heartburn because of their High Oil content. Ground Almonds make a Wonderful Facial Scrub. The Oil relieves Coughs and Hoarseness. Almonds have very little Starch, and the Butter and Flour of the Nuts is recommended for Diabetics.

In the Circles of Mysticism, the Almonds has Magical Uses as the Wood is Burnt in order to Bring Money, Riches and Wisdom. Almond Wood makes a nice Magickal Wand. Sweet Almond Oil is one of the primary carrier oils for ritual and anointing blends.

In an old fable, Phyllis was Deserted by her Lover Demophoon and Died of Grief. The Gods changed her into a Barren Almond Tree. When Demophoon returned and embraced the tree, it burst into leaf and flower - a symbol of true love transcending death.

Almonds do have some Contraindications as Almonds contain Hydrocyanic Acid and can be Toxic if Eaten in Large Amounts (over 50 Kernels for an adult, and 10 Kernels for a Child)

The Aloe Vera Plant (Aloe Barbadensis):



Aloe Vera is a plant which originated in North Africa and spread to the Fertile Lands with Mild Climates. Its Physical Aspect is similar to that of the Cactus with a Thick Rind hiding a Succulent Core formed mostly of Water. Aloe Vera gained Worldwide recognition and has been a well known Herbal Preparation with a Long History of use. It is widely used in Modern Herbal Medicine. Aloe Vera is an Emmenagogue, Emollient, Laxative, a Purgative, Stimulant, a Stomachic, Tonic, Vermifuge and a Vulnerary. Extracts of the Plant have Antibacterial Activity. Aloe Vera even has a Folk History of Treatment in cases of Cancer.

It has Two Distinct Types of Medicinal Use. The Clear Gel contained within the Leaf makes an Excellent Treatment for Wounds, Burns and other Skin Disorders, placing a Protective Coat over the Affected Area, Speeding up the rate of Healing and Reducing the Risk of Infection. This Action is in part due to the presence of the Enzyme Aloectin B, which Stimulates the Immune System. To obtain this Gel, the Leaves can be cut in half along their Length and the Inner Pulp Rubbed over the affected area of Skin. This has an Immediate Soothing Effect on all sorts of Burns and other Skin Problems.

The Second Use comes from the Yellow Sap at the Base of the Leaf. The Leaves are cut transversally at their Base and the Liquid that exudes from this Cut is Dried. It is called "Bitter Aloes" and contains Anthraquinones which are a useful Digestive Stimulant and a Strong Laxative.

Apart from its External use on the Skin, its Bitter Aloes is also taken Internally in the Treatment of Chronic Constipation, Poor Appetite, and Digestive Problems. It has been used to Treat various Coughs and even Constipation.

Aloe Vera have been grown Indoors in Pots in order to help Remove Toxins from the Atmosphere. It is also unusual in that it continues to Release Oxygen and absorb Carbon Dioxide in the Dark, making it very suitable for growing in Bedrooms.

Aloe Vera does have a Contraindication as it should not be given to Pregnant Women or people with Hemorrhoids or Irritable Bowel Syndrome. The Plant is Strongly Purgative so great care should be taken over the Dosage.

The Amla (Phyllanthus Niruri):



The Amla has Light Yellow and Green Fruits that are made into Preserves. The Leaves and Bark contain Tannin and are used in Tanning and Dyeing. In India people make its Dried Fruit into Ink, Hair Dye, and Detergent. They also use the Fresh Fruit, which is high in Vitamin C, in Drinks and Candy.

Amla has been used in Ayurvedic Medicine for more than 2,000 years. Phyllanthus is a Traditional Remedy for Ailments like Jaundice, Dysentery, Diabetes, Diarrhea, Skin Ulcers, and Urinary Tract Infections. The Amla's Principal also contains Lignans, Alkaloids, and Bioflavonoids, which has been found to act primarily on the Liver, which confirms its traditional use in the Treatment of Jaundice. The Amla has been found in helping to prevent Hepatitis B and from it was derived a Vaccine. Recently Indian Doctors and Scientists have also developed a Medicine from the Amla that has been shown to clear the body of Hepatitis in many cases. Amla helps to inhibit Liver Cancer, as well, and has potential as a Diuretic, and a Hypotensive.

Amla Juice is known to be a good Hypoglycemic Medication for Diabetes. It helps to stimulate the Pancreas and enables it to Secret Insulin that helps to reduce Sugar and prevent the Eye Complications in the Diabetes.

Amla is considered as a very effective remedy for Heart Diseases. It Treats the Heart by Toning up its Muscles and making them Strong. The Heart then Pumps the Blood Flawlessly throughout the Body, keeping it Healthy by destroying the Heterogeneous Elements and regenerating the Body Energy.

The Amla Juice provides Herbal Remedies for Eye Conditions. The Juice of this Herb. when mixed with Honey is very useful in the Treatment of Conjunctivitis and Glaucoma, helping to preserve Eyesight.

Amla helps to Boost the Immune System with Amla Remedies. Amla helps in the synthesis of Intercellular Cement helping to control Germs.

The Anise (*Pimpinella Anisum*):



In the Ancient Chinese as well as the traditional Indian or Ayurvedic systems of Medicine, the Herbal Remedy Anise has assumed a very popular stature and its utilization in various Herbal Medications for many centuries now. The most commonly known type of Anise is the Ash colored variety from Spain, although several varieties of the Anise with more or less similar properties as an Herbal Remedy. It is related to the Common Parsley and the common Garden Carrot.

Anise Fruit or Juice is recommended for helping curing Nervous Weakness, Migraines, Vertigos, Rheumatism, Cough, Bronchitis, Asthma, Herbal Diuretic, Flatulence and Children's Colics. In conditions when one has Hard Dry Coughs it helps to promote Expectorations.

Volatile Oil of Anise, when mixed with Wine, forms the Liqueur Anisette, which has a Beneficial Action for Bronchitis and Spasmodic Asthma. The Volatile Oil of Anise is also good as a Sedative and helps to promote Sleep. Anise Oil also makes a good Antiseptic and is used with Oil of Peppermint or to flavour Aromatic Liquid Mouthwashes and Toothpastes. A Herbal Tea made from Anise is also good as a remedy to relieve Toothaches. Oil of Anise is used as an Insect Repellent, especially when mixed with Oil of Sassafras and Carbolic Oil.

Infusions of Anise is good for helping with Women's Painful Periods. Herbal Teas made from the Anise can help improve Memory Function. It can also help to Reduce or Stop Oiliness in the Skin. It also serves as a Natural Antacid and can be used to in the Treatment of Heartburn and Indigestion. Herbal Remedies derived from the Seeds of the Anise are famous for their ability to bring about a reduction in Gas, Bloating as well as Nausea.

Furthermore Anise Herbal Remedies may be beneficial in the Treatment of Impotence. The Essential Herbal Oil is also a Topical Remedy, and it is used as an External Treatment to control Lice and Scabies.

Its Contraindications is that it is suggested that Anise Volatile Oils must be consumed only after consulting a Responsible Physician or Herbologist. Pregnant Women must also abstain from taking Anise, with the exception of minute amounts, such as those normally used during Cooking.



The Apple (*Malus Domestica*):



The Fruit is an Astringent. The Bark, and especially the Root Bark, is an Anthelmintic, a Refrigerant and a Soporific. The Fruit is a source of Pectin. Pectin is used as a Thickener in Jams. Apple eaten with its Skin is a Mild Laxative, and absorbs the Toxins and Microorganisms from the Intestine Level. Apples eaten without the Skin represents an important Treatment for Diarrhea. The Diuretic Action is Evident but more important is the Massive Elimination of Uric Acid. An Infusion is used in the Treatment of Intermittent, Remittent and Bilious Fevers.

The Leaves contain an Antibacterial Substance called "Phloretin". This Inhibits the Growth of a number of gram-positive and gram-negative Bacteria. A Ripe Raw Apple is one of the easiest Foods for the Stomach to deal with, the whole process of Digestion taking about 85 minutes. A Poultice of Rotten Apples is a Good Remedy for Sore Eyes,.

Apples helps to Treat High Blood Pressure and Reduces Cholesterol. It is also recommended that Apples helps to prevent Atherosclerosis. Apples are also good in Diets against Obesity. Eating Apples have also been found to help Diabetic Conditions. The Apple Juice will reduce the Acidity of the Stomach.

Apples also help to Calm the Nervous System and has been known that Eating an Apple will help Treat Insomnia.

The Apple is also an Excellent Dentifrice, the Mechanical Action of Eating an Apple serves to Clean both the Teeth and the Gums.

The Apple Seed Essential Oil from the Seed has been used as an Illuminant. The Apple Tree's Wood is Hard, Compact, Fine-Grained. Used for Turnery, Tool Handles, and Canes.

The Arnica (*Arnica Montana*):



Arnica has a Long History of Herbal Use, especially as an External Treatment for Bruises and Sprains. It is a Herb which has been used from the Oldest of Times to Cure Wounds. Starting in the 16th century this Herb has been used In North America, Germany and Russia due to its Anti-Inflammatory and Calming Effects. The Arnica Root is Harvested after the Leaves have Died down in the Autumn and Dried for later use. The Arnica Herb is an Antieccymotic, Antiphlogistic, and a Nervine. It is also a Sternutatory, and Vulnerary.

Internally, it has been used in the Treatment of Heart Complaints and as a Booster for the Immune System. Arnica increases Local Blood Supply around the area of the Body that it is applied and Accelerates Healing. Arnica has Antiseptic, Anti-Inflammatory, Antibacterial, Decongestive and Antifungal Properties. It Eliminates Micro-Organisms and keeps Bacteria and Pathogenic funguses from Multiplying.

The Freshly Crushed Flowers cause Sneezing if Inhaled, so it makes a Good Snuff Powder. The Whole Plant, Harvested when in Flower, is used in Homeopathic



Remedies. It is especially useful in the Treatment of Traumatic Injuries, Sores and Bruises. The Homeopathic Doses has also been used Effectively in the Treatment of Epilepsy and Seasickness, and it might be of use as a Hair Growth Stimulant.

It does have a Major Contraindication that although it is a very valuable Remedy, it should be used with Caution. It has been known to cause Contact Dermatitis when used Externally and can be Toxic when taken Internally. Only take it Internally under the Supervision of a Qualified Practitioner or Herbologist.

Arugula (Eruca Sativa):



Arugula is Indigenous to the area around the Mediterranean and the Region extending from Portugal and Morocco in the west to Turkey, Lebanon and Syria in the East. Arugula is a cousin of Radish as well as Watercress. The Leaves having a Hot and Peppery Flavour like Watercress and Radish. Arugula or Eruca Sativa has many uses, including Therapeutic and Culinary. Apart from the Herb's Aphrodisiac and Love-Inspiring Properties, Arugula is said to be among the Healthiest and Most Helpful Natural Health Foods available. The Calories content of this Herb is very little - 20 Grams of Arugula Leaves provide us with just 5 Calories. This Herb has the potential of becoming an Excellent Source of several Vitamins like Vitamins A, C, P, and K, Dietary Fiber, Potassium, Iron, other Nutriment and Essential Minerals required by our Body. Experts are of the opinion that perhaps the Best Health Benefit of using Arugula is that it enhances the Quality of our Blood.

Arugula is a Member of the Cruciferous Family. In fact, several studies have found

that all Cruciferous Vegetables are known to Lessen the Chances of developing Cancer. This Herb is loaded with useful Antioxidants and is believed to be Vital for preventing the Harmful Activities of Free Radicals in our Body. Several Studies involving Arugula have Demonstrated that the Herb contains Flavonoids and Vitamin A, which are effective in protecting us from various Cancer Forms - Oral Cancer, Lung Cancer and Skin Cancer. In addition, Arugula is also loaded with Phytochemicals, such as Sulforaphane, a Compound with wonderful Chemoprotective Actions that Aids in Combating Cancer Causing Elements.

Besides Combating the Harmful Free Radicals, these Nutrients also provide excellent support to our Immune System. Vitamin A is a Potent Antioxidant, which Perks Up the Immune System and is Extremely Beneficial for our Skin, Eyes, Bones as well as Teeth. Similarly, Vitamin C is also a Strong Antioxidant that facilitates Protection against Cancer, enhances the Immune System and, at the same time, Combats Common Cold.

The Leaves are Antiscorbutic, Diuretic, Stimulant and Stomachic. The Seed is Rubefacient and Stimulant. The Powdered Seed possesses Antibacterial Activity, but no Alkaloids have been Isolated. The Oil from the Seed is said to have Aphrodisiac Properties.

Arugula possesses several Therapeutic properties. While it is a very useful Stimulant, use of this Herb also enhances Energy and Power so it is the Athlete's Favorite Natural Stimulant for Performance Enhancement.

Arugula is a Wonderful Natural Food for the Health of our Bones, as it contains an Assortment of Vitamins and Minerals which helps to Greatly Diminish the Risks of Bone Fractures.

A Strong Dose will cause Vomiting, and may be taken in the place of Ipecacuanha. Powdered, the Effect is Less Strong than that of Mustard.

Arugula has the Potential of Preventing Cataracts.

Asparagus ( *Asparagus Officinalis*):



Asparagus has been used as a Vegetable owing to its Distinct Flavor, and in Medicine due to its Diuretic Properties and its Purported Function as an Aphrodisiac. It is Pictured as an offering on an Egyptian Frieze dating to 3000 BC. In Ancient Times, it was also known in Syria and in the Iberian Peninsula. Greeks and Romans ate it Fresh when in Season, and Dried the Vegetable for use in Winter.

Asparagus mostly contains excellent quantities of different Vitamins, including Vitamins A, C K, B6, Riboflavin as well as Thiamine. Besides Vitamins, Asparagus is also Rich in Potassium content, but contains very less Sodium, having a perfect proportion of these Two Essential Minerals.

Asparagus also contains several other Nutrients, such as Fiber, Niacin, Fructose-Containing Oligosaccharides (FOS), Iron, Calcium, Phosphorus, Magnesium and Sulfur. In addition, this Vegetable encloses a variety of Phyto-Nutrients like Inulin, Quercetin, Alpha-Carotene, Lutein, Zeaxanthin and several others.

Asparagus is Highly Beneficial for Women during Pregnancy, as it contains adequate quantities of Folate, which is vital for Preventing Deformities in Newborns. It is also Helpful for Nursing Mothers. Consumption of adequate amounts of Folate is also said to be helpful in lowering the chances of developing specific Cancer Forms, especially Breast Cancer, colorectal Cancer and Cervical Cancer.

The Virtues of Asparagus are well known as a Diuretic and Laxative; and for those of Sedentary Habits who suffer from Symptoms of Gravel, it has been found Very Beneficial, as well as in cases of Dropsy. The Fresh Expressed Juice is taken Medicinally in Tablespoonful Doses.

The principles of Traditional Chinese Medicine (TCM) state that Asparagus may be beneficial for People whose Body Heat as well as Dampness are Extreme. In fact,

People who eat Foods Rich in Oils/Fats, Processed Foods, in addition to Extremely Intoxication and Seasoned Foods usually suffer from these conditions.

In the Ancient Indian Herbal Medicine System known as Ayurveda, this Vegetable is believed to reinforce the Kidneys, be a General Tonic for Women and even an Aphrodisiac.

Traditionally, People have used Asparagus to facilitate Treatment of Arthritis and Rheumatism.

Of Asparagus, Nicholas Culpepper Writes:

'The decoction of the roots (Asparagus) boiled in wine, and taken is good to clear the sight, and being held in the mouth easeth the toothache.' He also tells us it helps those sinews that 'are shrunk by cramps and convulsions, and helpeth the sciatica .'

The Avens (Geum Urbanum):



The Avens is Characterized by Possessing Thin and almost upright Wiry Stems. The Plant is Slightly Branched and can reach one to Two Feet when Fully Grown. The Herb is Reddish Brown in Color on one side of it. The Avens has Leaves that Vary to a Very Significant Extent in Physical Form and this Physical Appearance of the Leaves depends to some extent on their Position along the Axis of the Plant. The Avens Bears Radical Leaves that are Borne on Long and Channeled Foot Stalks. The Leaves are Interruptedly Pinnate in their Shape Similar to the Silverweed Plant. The Avens also has Rhizomes, each Single Rhizome is about 1 to 2 Inches in Length and Terminates quite abruptly, and most of these Structures are Hard and Rough and Bear many Light Brown and Fibrous Roots all along the Surface. The Avens also Bears Flowers that are considered Small Compared to the Total Size of the Plant, the Flowers are Borne on Solitary and Terminating Stalks along the Main Axis of the Plant. The Flowers of the Avens have a Corolla that consists of Five Round and Spreading Yellow Colored Petals. The Avens Root is Best Harvested in the Spring,

since at this time it is Most Fragrant. Much of the Fragrance can be Lost on Drying, so the Root should be Dried with Great Care then Stored in a Cool Dry Place in an Airtight Container, being Sliced and Powdered only when required for use.

The Avens is an Astringent Herb which is Used Principally to Treat Problems affecting the Mouth, Throat and Gastro-Intestinal Tract. It tightens up Soft Gums, Heals Mouth Ulcers, makes a Good Gargle for Tightening of Soft Gums, Heal Canker Sores and for Treating Infections of the Pharynx and Larynx, and Reduces Irritation of the Stomach. All parts of the Plant, but especially the Root, are an Anti-Inflammatory, Antiseptic, Aromatic, Astringent, and Diaphoretic. It is also a Febrifuge, Stomachic, Styptic and a Tonic.

An Infusion Herbal Tea taken Internally in the Treatment of Diarrhoea, Peptic Ulcers, Intestinal Disorders, and Liver Disorders. It is also is used to Treat Stomach Upsets, Chronic Dysentery, and Irritable Bowel Syndrome.

The Infusion is also Applied Externally as a Wash for Haemorrhoids, Vaginal Discharges and to Treat Various Skin Afflictions. The Infusions is also said to Remove Spots, Freckles and Facial Acne.

The Herb is included in many Herbal Lotions and Ointments which brings Soothing Relief from the Symptoms of Hemorrhoids.

The Freshly Dug Root has a Clove-Like Fragrance, when Dried it is used in the Linen Cupboard to Repel Moths.

Of the Avens, Nicholas Culpeper wrote:

"It is good for the diseases of the chest or breast, for pains, and stiches in the side, and to expel crude and raw humours from the belly and stomach, by the sweet savour and warming quality. It dissolves the inward congealed blood happening by falls or bruises, and the spitting of blood, if the roots, either green or dry, be boiled in wine and drank; as also all manner of inward wounds or outward, if washed or bathed therewith. The decoction also being drank, comforts the heart, and strengtheneth the stomach and a cold brain, and therefore is good in the spring-time to open obstructions of the liver, and helps the wind cholic; it also helps those that have fluxes, or are bursten, or have a rupture; it taketh away spots or marks in the face, being washed therewith. The juice of the fresh root, or powder of the dried root, hath the same effect with the decoction. The root in the spring time steeped in wine, give it delicate savour and taste, and being drank fasting every morning, comforteth the heart, and is a good preservative against the plague, or any other poison. It helpeth digestion, and warmeth a cold stomach, and openeth obstructions of the liver and spleen."

The Avocado (*Persea Americana*):





Peru is the probable Place of Origin for the Avocado Tree. Historically the Avocado Trees were Cultivated originally in the Andean Peruvian Societies of 8,000- 9,000 years ago and the Tree Grows extensively throughout Peru even now.

The Fruit Pulp is also extensively used as a Topical Remedy to bring a Soothing Effect to Irritating Skin by its Cooling Effect on the Skin of Affected Persons. Some other Nutritional Benefits of the Avocado Fruit includes its Very High Content of the Essential Mineral Potassium can help Remedy Long Term Depression and Mental Physical Exhaustion. The Important Mineral Pyridoxine or the Vitamin B6 is also found in High Amounts which helps the Body deal with Mood-Swings in Women affected by the Persistent Symptoms of Premenstrual Syndrome. The Avocado Fruits are also Very High in the content of the important Vitamin E and the Vitamin B Complex with these Essential Nutrients also aid the body in Gaining Relief from Persistent Stress and helps with the Prevention of Nutrient Deficiency linked to Sexual Disorders such as Infertility in Women and in Men. Avocado helps to delay Bone Sclerosis. Avocados are one of the Best Natural Mouth Wash and Bad Breath Remedies. It cleanses Intestine which is the real cause of Coated Tongue and Bad Breath. The High Levels of Folate in Avocados may also protect against Stroke. A study has shown that Individuals who ate a Diet Rich in Folate had a Lower Risk of Stroke than those who did not. The High Amount of Folate in Avocado is essential in the Prevention of Birth Defects such as Neural Tube Defect and Spina Bifida. The Monounsaturated Fats in Avocados can reverse Insulin Resistance which help to Regulate Blood Sugar Levels. Avocados also contain Soluble Fiber which keep a Steady Blood Sugar Levels. Avocado is an Excellent Source of Carotenoid Lutein, which known to help protect against Age-Related Eye Macular Degeneration and Cataracts. Avocados are also a great source of Potassium which helps in Controlling Blood Pressure Levels.

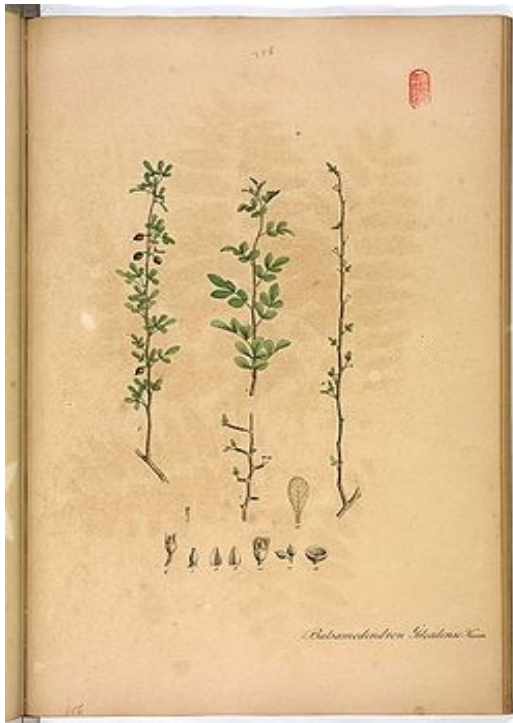
Avocado Seeds contain Nourishing Oil that is Rich in Antioxidants. These Potent Antioxidants have the ability to Lower High Cholesterol Levels and prevent several kinds of Heart Conditions such as Heart Disease and Strokes. Seeds are also a great alternative for Reducing Inflammatory Disease within the Body. The Seeds can even be use used help ease Diarrhea and relieve Constipation Naturally. It is Soothing to Gastric Ulcers because the Seeds contains Antioxidants in it known as Phenolic Compounds which contain Antibacterial and Anti-Viral Properties. The Avocado Seeds contain Flavonol helps prevent and reduce Cancer Tumor Growths. Avocado Seeds also help to strengthen your Immune System and protect yourself from the Cold and Flus. The Seeds have the ability to fight away Free Radical Cells too that causes Illnesses and Aging. Some find the Seeds useful for encouraging Weight Loss and for reducing Exercise-Induced Asthma. The Seeds even help Curve Food Cravings and make you Feel Fuller so you are not Munching on Snacks constantly. Skin Tone and Elasticity is also

maintained by the Expressed Oil of the Avocado Seeds and also Nourishes the Skin and increase Health of the Skin. The Oil of the Seeds is extensively used as a Softener of Rough and Dry or Flaking Skin in Patients affected by such Skin Conditions. The Seed Essential Oil is also Massaged into the Scalp of Patients where it is said to improve the Growth Rate of Hair.

The Avocado Tree Leaves and Bark is used for the Treatment of all kinds of Coughs as well as in the Treatment of different Digestive Disorders. The Pulp of the Avocado was Traditionally Used and is still widely used by the Native People in Guatemala for stimulating the Growth of Hair on the Head. The Stimulation of Menstruation in Women can be achieved by use of the Avocado Leaves as well as the Bark of the Young Stems and are also capable of inducing Abortions in Pregnant Women. The Leaves of the Avocado are characterized by their Astringent and Carminative Properties can be used in the Treatment of Diarrhea. The Leaves can also be used to reduce Abdominal Accumulation of Excess Gas and in the Treatment of Abdominal bBoating. The Leaves of the Avocado also have a great capacity of Relieving Coughs. The Herbal Remedies made from the Leaves of the Avocado are also used to clear away Internal Obstructions in the Liver of Patients, as well as in clearing away High Uric Acid Levels in the Body. which contribute to the Physiological Disorder of Gout

Traditional Medicine in Latin America also utilizes Rind from the Fruit as a De-Worming Agent to expel Intestinal Worms from the Body and for the Treatment of Diarrhea.

The Balm Of Gilead (*Commiphora Opobalsamum*):



This Small Tree, the Source of the Genuine Balm of Gilead around which so many Mystical Associations have gathered stands from 10 to 12 feet high, with Wandlike Spreading Branches. The Bark is of a Rich Brown Colour. The Leaves are Trifoliate Small and Scanty. The Flowers are Small, and Reddish in Colour, while the Seeds are Yellow. Balm of Gilead was Valued for its Scent and once used as a Beauty Aid by Ladies of the Royal Courts.



The Major Medicinal Property of the Sap Resin is a group of Aspirin-Like Salicylates that Relieve Pain and Inflammation, while the Oil content has an Antiseptic and Expectorant Action.

Herbalists recommend Tincture of Balm of Gilead for Sore Throats, Laryngitis and Bronchitis. Balm of Gilead was also prescribed for Diseases of the Urinary Tract.

Externally, in the form of an Ointment, the Salicylates in Balm of Gilead give Relief from the Pain and Inflammation caused by Rheumatism and Arthritis. With Lard or Oil they are useful as an External Application in Bruises, Swellings, and some Cutaneous Diseases. In Ointments they are a little inferior to Paraffin as a preventive of Rancidity.

The Balmony (Chelone Glabra):



Balmony is an Attractive Perennial Herb that has Straight and Square Stalks growing up to a height of about 60 cm to 120 cm or Two to Four Feet. The Balmony Herb may be found Growing in Moderation along the Borders of Marsh Lands, Rivers and Wet Woods. Balmony is a Very Bitter Herb with a Tea-Like Flavour that Acts mainly as a Tonic for the Liver and Digestive System. It has long been held in Esteem by the North American Aboriginal Native Folk Medicine, though it has never been Investigated Scientifically. The Herb also has Anti-Depressant and Laxative Effects. The Balmony Herb is Harvested when in Flower and is Dried for later use.

A Decoction of the Whole Herb is an Antibilious, Appetizer, Cathartic, Cholagogue. It is also a Detergent, Tonic, Vermifuge. It is used Internally in the Treatment of Consumption, Debility, Liver Diseases, Gallbladder Problems, Jaundice and Gallstones. It is also used to Relieve Nausea Intestinal Colic and to Expel Worms. Its Tonic effect upon the Digestive System has made it of Benefit in the Treatment of Anorexia Nervosa.

It is Applied Externally as a Soothing Ointment to Piles, Inflamed Tumours, Irritable Ulcers, and Inflamed Breasts.

The Banana (*Musa Paradisiaca*):



Bananas Grow in many parts of the Tropics they are as important to the Inhabitants as are the Grain Plants to those Living in Cooler Regions. The Northern Limit of their Cultivation is reached in Florida, the Canary Islands, Egypt and Southern Japan, and the Southern Limit in Natal and South Brazil. There has been considerable discussion as to whether they were growing in America before the discovery of the New World.

Being Rich in Iron, Bananas Stimulate the Production of Hemoglobin in the Blood, thus helping in cases of Anemia. Because of its High Potassium, but Low Salt Content, it is Good for those having Problems with Arterial High Blood Pressure. The Potassium contained in Bananas helps Regulating Heartbeats, and helps bringing Oxygen to the Brain and maintains the Water Quantity in the Body at a Constant Level.

Being Rich in Fiber, the Banana helps with Constipation. Bananas are also good for Regulating the Intestinal Traffic and also useful in Treating Ulcers. Useful for Treating Hangovers, a Milkshake can be prepared with Bananas and Sweetened with Honey. The Banana Calms the Body and rebuilds the Sugar Level in the Body, while the Milk Calms and Rehydrates the Body.

Containing a type of Protein which the Digestion System Transforms into an Enzyme called Serotonin, Bananas are good for Treating Depression. The Banana is also indicated for Calming of Nerves. At moments of Stress, the Metabolism is Accelerated and the Body's Level of Potassium Decreases, so Eating Bananas is recommended at times of Stress. Bananas also contains Tryptophan in it that helps Cure Insomnia.

The Fruit is also useful against Smoking, helping the Body Regenerate after the effects of Lack of Nicotine.

Bananas also help to Decrease the Physical and Emotional Temperature of Pregnant Women.

Mosquito Bites can be Treated if the Affected Area is Rubbed with the Interior Part of a Banana Peel. Bananas are used in Cosmetics for Treating Dried Complexions, Limp Skin and Itches. In cases of Sunburns or Frost Bite, a Crushed Banana can be Applied on the Face to Calm Pain and Reduce Inflammations.

The Juice of the Stems is good for Stomach Troubles, Helps Diabetes, is useful for Dissolving, and Drinking a Glass of Stem Juice each Morning helps to Reduce Weight.

Bananas are also helps to create Good Immunity to Flues and Colds.

The Barberry (*Berberis Vulgaris*):



Native Americans reportedly used Barberry to Treat cases of General Debility and to Boost Flagging Appetite. The Root of the Plant was used as a Bitter Tonic by the Early Settlers after they observed the many uses of the Barberry Herbal Plant by the Native American Aborigines. Barberry is believed to have Great Value in the Treatment of all kinds of Ulcers, in Treating Heartburn and Related Symptoms and in Dealing with a variety of Stomach Problems especially when it was used in Small Doses. Traditional Observation has been that taking Large Doses produces a Strong Cathartic Effect in the Person. The Bark is Harvested in the Summer and can be Dried for Storing.

All parts of the Barberry Herbal Plant can be used though the Yellow Root Bark is the Most Concentrated Source of Active Ingredients. The Plant is mainly used nowadays as a Tonic to improve Gallbladder Bile Production and Treat Gallstones and Jaundice.

The Barberry Bark and Root Bark are an Antiseptic, Astringent, Cholagogue, and a Hepatic. It is also a Purgative, Refrigerant, Stomachic and Tonic. It is especially useful in cases of General Debility and Biliousness. The Roots are Pulverized in a Little Water and used to Treat Mouth Ulcers. A Tea of the Roots and Stems has been used to Treat Stomach Ulcers. The Root Bark has also been used as a Purgative and Treatment for Diarrhoea and is a Diaphoretic. A Tincture of the Root Bark has been used in the Treatment of Rheumatism, and Sciatica.

Since the Herbal Tea it is not appreciably absorbed by the Body, it is used Orally in the Treatment of Various Enteric Infections, especially Bacterial Dysentery and Diarrhea. As a Bitter Stomachic Tonic, it proves an Excellent Remedy for Dyspepsia and Functional Derangement of the Liver, regulating the Digestive Powers, and if given in Larger Doses, acting as a Mild Purgative and Treating Constipation. It should not be used with Liquorice because this nullifies the effects of the Barberry.

A Tea made from the Fruits is an Antipruritic, Antiseptic, Appetizer, Astringent, Diuretic, Expectorant and Laxative. It is also used as a Febrifuge. The Fruit's Freshly Pressed Juice, is used in the Treatment of Liver and Gall Bladder Problems, Kidney Stones, and Menstrual Pains.

Barberry has also shown Antitumour Activity and is also Effective in the Treatment of Hypersensitive Eyes, Inflamed Eye Lids and Conjunctivitis.

The Leaves are Astringent and Antiscorbutic. A Herbal Tea made from the Leaves is used as a Cough Remedy.

The Plant is used in Homeopathic Medicine as a Valuable Remedy for Kidney and Liver Insufficiency.

The Flowers and the Stem Bark are an Antirheumatic.

Of the Barberry, Nicholas Culpeper wrote:

"The inner rind of the Barberry-tree boiled in white wine, and a quarter of a pint drank each morning, is an excellent remedy to cleanse the body of choleric humours, and free it from such diseases as choler causes, such as scabs, itch, tetters, ring-worms, yellow jaundice, boils, &c. It is excellent for hot agues, burnings, scaldings, heat of the blood, heat of the liver, bloody flux; for the berries are as good as the bark, and more pleasing."

The Barley (*Hordeum Distichon*):



One of the Seven Sacred Cereals, Barley comes from the Eastern Balkans. Barley is considered a Mild Nourishing Force which Stimulates the Heart and is used for easing the Emotional Tension of a Person. There are a Two of types of Barley, depending on the number of Granules on the Ear. They are the Summer and Winter Barleys. The Winter Barley is used for Feeding Animals because of the Inferior Quality of its Granules. Barley develops well especially in Flat, Moist Areas, but they can adapt to more Unfavorable Conditions as well.

The Green Stem of Barley contains the Natural Hormones and Chlorophyll. These Nutritional Substances give Barley Antioxidant, Anti-Inflammatory, Anti-Carcinogenic and Antiviral Properties. Green Barley contains the Most Valuable Elements necessary for the Human Body and it is also a product with Excellent Therapeutic Effects. A Diet with Barley in it is good for Eliminating Toxins from the Body, including the Blood, and for Stimulating the Immune System, and Regeneration. Barley helps Regulate Arterial Pressure, eliminates the excess of Weight, and increases Virility.

Barley Extract helps in Reducing the Fever. Green Barley contains an active Proteic Enzyme, which has a Powerful Effect in Curing Diseases, Revitalizing the Body and slowing the Aging Process. Barley helps Improve Memory, bringing clarity in thought. Barley is used for the preparation of a Decoction which is a Nutritive and Demulcent Drink in Afflictions of the Respiratory and Urinary Organs. Modern Research has shown that Barley may be of Aid in the Treatment of Hepatitis, whilst other Trials have shown that it may help to Control Diabetes.

The Shoots are Diuretic. The Seed Sprouts are Demulcent, Expectorant, and a Stomachic. They used in the Treatment of Dyspepsia caused by Cereals, and Infantile Lacto-Dyspepsia. Barley Water (an Infusion of the Germinated Seed in Water) and is of special use for Babies and Invalids.

Barley Seed is Digestive, Emollient, Nutritive, and a Stomachic. Barley is also used as a poultice for burns and wounds. The plant has a folk history of Antitumour activity. The Germinating Seed has a Hypoglycemic Effect preceded by a Hyperglycemic Action. Barley Bran may have the effect of Lowering Blood Cholesterol Levels and preventing Bowel Cancer. Barley has had some good results in the fight against Collagen and Leukemia, and also Neutralizing the Toxic Effects of Tobacco.

Barley helps it eases Stomach Pains, and Heals Ulcers. In Obesity it helps Eliminate Weight Excess. Barley helps to Lessen Arthritic Pains and Inflammations. Barley is useful in the Treatment Anorexia, Anemia, Pancreatitis, Miocardic Arrest, Bronchic Asthma, and Epilepsy. Barley stimulates the Drainage and Regeneration of the Liver, activates the Immune System helping in the fight against the Hepatic Virus.

Of Barley, Nicholas Culpeper wrote:



"Barley, in all the parts and compositions thereof (except malt) is more cooling than wheat, and a little cleansing: and all the preparations thereof, as barley-water and other things made thereof do give great nourishment to persons troubled with fevers, agues, and heats in the stomach. A poultice made of barley meal or flour boiled in vinegar and honey, and a few dry figs put into them, dissolveth all hard impostumes, and assuageth inflammations, being thereto applied. And being boiled with melilot and camomile flowers, and some linseed, fenugreek, and rue in powder, and applied warm, it easeth pains in the side and stomach, and windiness of the spleen. The meal of barley and fleawort boiled in water, and made a poultice with honey and oil of lilies applied warm, cureth swellings under the ears, throat, neck, and such like; and a plaister made thereof with tar, wax, and oil, helpeth the king's evil in the throat: boiled with sharp vinegar into a poultice, and laid on hot, helpeth the leprosy: being boiled in red wine with pomegranate rinds and myrtles, stayeth the lask, or other flux of the belly: boiled with vinegar and quince, it easeth the pains of the gout; barley flour, white salt, honey, and vinegar mingled together, taketh away the itch speedily and certainly. The water distilled from the green barley in the end of May, is very good for those that have defluxions of humours fallen into their eyes, and easeth the pain, being dropped into them; or white bread steeped therein, and bound on the eyes, doth the same."

Barley does have a Minor Contraindication is that they are best not given to a Nursing Mother since this can Reduce Milk Flow.

The Basil (*Ocimum Basilicum*):



Sweet Basil has been used for Thousands of Years as a Culinary and Medicinal Herb, especially in France, which is a Hairy, Labiate Herb that grows to about 3 feet high. The Leaves can be Harvested throughout the Growing Season and are used Fresh or Dried. Common or Sweet Basil.

It acts principally on the Digestive and Nervous Systems, easing Flatulence, Stomach Cramps, Colic and Indigestion. The Root is used in the Treatment of Bowel Complaints in Children. It also is good for Expelling Intestinal Parasites such as Worms.

The Leaves and Flowering Tops are a Antispasmodic, Aromatic, Carminative, a Digestive, Stomachic and Tonic. They are taken Internally in the Treatment of Feverish Illnesses such as Colds and Influenza, Abdominal Cramps, Gastro-enteritis. Sweet Basil, when taken Internally, also helps to get over Migraines, Insomnia, Depression and Exhaustion. Sweet Basil's Antispasmodic Property makes it

a Good Treatment for Epilepsy. Sweet Basil also helps to Reduce Blood Pressure and helps to ease Symptoms of Bronchitis and Emphysema.

Externally, Sweet Basil is used to Treat Loss of Smell, Achne and to Treat Snake Bites & Insect Stings.

An Infusion of the Sweet Basil's Mucilaginous Seed is used Treating Gonorrhea, Dysentery and Chronic Diarrhea. It is said to remove Film and Opacity from the Eyes.

Sweet Basil's Essential Oil is used in Aromatherapy.

Of the Sweet Basil, Nicholas Culpeper wrote:

"Being applied to the place bitten by venomous beasts, or stung by a wasp or hornet, it speedily draws the poison to it. - Every like draws its like. Mizaldus affirms, that being laid to rot in horse-dung, it will breed venomous beasts. Hilarius, a French physician, affirms upon his own knowledge, that an acquaintance of his, by common smelling to it, had a scorpion breed in his brain."

The Bay Berry (Myrica Cerifera):



The Bay Berry Plant is a Deciduous Shrub Widely found throughout the Eastern and Southern parts of the USA. A Wax is Extracted from the Bay Berries which is used to make the Sweet Smelling Bayberry Candles. Wax Myrtle is a Popular Herbal Remedy in North America where it is Employed to Increase the Circulation, Stimulate Perspiration and keep Bacterial Infections in check. The Root's Bark is Harvested in the Autumn, thoroughly Dried then Powdered and kept in a Dark Place in an Airtight Container.

The Root Bark is an Antibacterial, Astringent, and Emetic. It is also a Sternutatory,



Stimulant and Tonic. It is used Internally in the Treatment of Diarrhoea, Irritable Bowel Syndrome, Scrofula, and Jaundice. It is also good for Treating Fevers, Colds, Mucous Colitis and Influenza. It is also good for Treating Catarrh, Excessive Menstruation, and Vaginal Discharge.

Externally, it is applied to Indolent Ulcers, Sore Throats, Spongy Gums, Sores, Itchy Skin, and Dandruff.

The Bay Berry Wax is an Astringent and is Slightly Narcotic. It is regarded as a sure Cure for Dysentery and is also used to Treat Internal Ulcers.

A Tea made from the Leaves is used in the Treatment of Fevers and Externally as a Wash for Itchy Skin.

The Bay Berry does have a Contraindication as this Herb should not be used during Pregnancy.

The Bay Laurel Leaf (*Laurus Nobilis*):



The Herb known as the Bay Laurel is native to Asia Minor and the Mediterranean region. It is a Small Evergreen Shrub or Tree. The early Greeks and Romans admired the Bay Laurel for its Beauty and used the Aromatic Leaves in many different ways. Bay Laurel possesses Leathery Leaves that are

Slender and Pointed in Shape. Ancient Mythology recounts that Apollo pursued the uninterested Nymph Daphne. Apollo stalked Daphne until the Greek Gods granted her protection by turning her into a Bay Tree. In the Greek language, the Herb is still called "Dafni." In Ancient Rome and Greece, a Plaster made from the Bay Laurel leaves was used to bring relief from Wasp and Bee Stings and other Insect Bites, which is something Nicholas Culpeper took note of in his Complete Herbal.

The Bay Tree has a Long History of Folk use in the Treatment of many Ailments, particularly as an aid to Digestion and in the Treatment of Bronchitis and Influenza. An Infusion of Bay Leaves has been used to improve the Appetite and helps to improve Circulation in the area of the Pelvis and in the Uterus.

It has also been used to treat various types of Cancer.

The Fruits and Leaves are not usually Administered Internally, but were formerly employed in the Treatment of Hysteria, Amenorrhoea, and a Flatulent Colic.

It has been found that the Leaves are used mainly to Treat Upper Respiratory Tract disorders and to ease Arthritic Aches and Pains. Disorders such as Bronchitis and a Hacking Cough or other related Chest Complaints can be relieved by applications of a Poultice made from the Boiled Bay Leaves. The Poultice must be Rubbed into the Chest and covered with a Cloth.

It is settling to the Stomach and has a Tonic Effect, stimulating the Appetite and the secretion of Digestive Juices.

The Leaves are Antiseptic, Aromatic, Astringent, Carminative, Diaphoretic, Digestive, Diuretic, Emetic in large doses, Emmenagogue, Narcotic, Parasiticide, Stimulant and Stomachic. The Fruit is Antiseptic, Aromatic, Digestive, Narcotic and Stimulant. The Fruit has also been used in making Carminative Medicines and was used in the past to promote Abortion. A solution made from the Bay Laurel is a very potent Anti-Dandruff Rinse and can help a person suffering from excess Dandruff in the Hair.

An Essential Oil made from the Fruit is used Externally to treat Sprains, and Bruises. The Essential Oil made from the Leaves has Narcotic, Antibacterial and Fungicidal Properties. An Essential Oil from the Fruit is also used in Soap making. You can use Bay Leaf Essential Oil as a Daily Rub to gain relief from Swellings in the Tendons, as well as to soothe Arthritic Aches and Pains or Muscle Sprains. This Oil Rub can be prepared by heating some Bay Leaves in a little Olive Oil using very low heat on a Stove, and then the Leaves should be Heated for about 20 minutes.

The Plant is Highly Resistant to Pests and Plant Diseases, it is said to protect Neighbouring Plants from Insects and Health Problems. The Leaves are Highly Aromatic and can be used as an Insect Repellent, the Dried Leaves protect Stored Grains, Beans and Lentils from Weevils.

Of the Bay Laurel Leaf, Culpeper wrote:

"That it is a tree of the Sun, and under the celestial sign Leo, and resisteth witchcraft very potently. Galen saith, that the leaves or bark do dry and heal very much, and the berries more than the leaves. The bark of the root is less sharp and hot, but more bitter, and it is effectual to break the stone, and good to open obstructions of the liver, spleen, and other inward parts, which bring the dropsy, jaundice. The berries are very effectual against the poison of venomous creatures, and the stings of wasps and bees, as also against the pestilence, or other infectious diseases. They also procure women's courses: and seven of them given to a woman in sore travail of child-birth do cause a speedy delivery, and expel the after-birth, and therefore not to be taken but by such as have gone out their time, lest they procure abortion, or cause labour too soon. They wonderfully help all cold and rheumatic distillations from the brain to the eyes, lungs, or other parts; and being made into an electuary with honey, do help the consumption, old coughs, shortness of breath, and thin rheums; as also the megrim; they mightily expel wind, and provoke urine, help the mother, and kill the worms."

The Bear's Breeches (*Acanthus Mollis*):



The Leaves and Roots are an Astringent, Detergent, Emollient and a Vulnerary. The Bear's Breeches contains appreciable quantities of Mucilage and Tannin. Traditionally it was used as a Treatment for Dislocated Joints and for Burns. A Plaster made from the Bear's Breeches, helps to Heal a Dislocation by simultaneously Relaxing and Tightening the Muscles and Connective Tissues which encourages the Joint back into its Proper Place.

The Crushed Leaves have been used as a Poultice to Soothe Burns and Scalds.

For Internal Use, the Bear's Breeches Emollient Properties are useful in Treating Irritated Mucous Membranes within the Digestive and Urinary Tracts.

Of the Bear's Breeches, Nicholas Culpeper called it "Brank-Ursine" and wrote:

"Its leaves being boiled, and used in enemas, is excellent good to mollify the belly, and make the passage slippery; the decoction, drunk, is excellent good for the bloody flux: the leaves being bruised, or rather boiled and applied like a poultice, are exceeding good to unite broken bones, and strengthen joints that have been put out; the decoction of either the leaves or roots being drunk, and the decocted leaves applied to the place, is excellent good for the king's evil that is broken and runneth, for by the influence of the Moon it reviveth the ends of the veins which are relaxed; there is scarcely a better remedy to be applied to such places as are burnt with fire than this is; for it fetcheth out the fire, and healeth it without a scar; it is also an excellent remedy for such as are bursten, being either taken inwardly, or applied to the place; in like manner used, it helps the cramp and the gout; it is excellent good in hectic fevers, and restores radical moisture to such as are in consumptions."

The Belladonna (*Atropa Belladonna*):



This is a Very Poisonous Plant, it should be used with Extreme Caution and only under the Supervision of a Qualified Physicians or Herbologist.

Though widely distributed over Central and Southern Europe, the Deadly Nightshade is not common in England, and has become Rarer of late years. Although chiefly a Native of the Southern Counties, being almost confined to Calcareous Soils, it has been Sparingly found in 28 British Counties, mostly in Waste Places, Quarries and near Old Ruins. In Scotland it is rare. The Leaves are Harvested in Late

Spring and Dried for later use.

Although it is Poisonous, the Deadly Nightshade has a Long History of Medicinal Use and has a wide range of applications, in particular it is used to Dilate the Pupils in Eye Operations. In the Past, Women used to put Deadly Nightshade Eye Drops in their Eyes in order to make them Look Larger and thus "More Beautiful". It has also been used to Relieve Intestinal Colic and to Treat Peptic Ulcers. It has also been used as an Antidote in cases of Mushroom or Toadstool Poisoning.

All parts of the Deadly Nightshade are an Analgesic, Antispasmodic, Diuretic, Hallucinogenic, Mydriatic, Narcotic and a Sedative. The Root is the Most Active Part of the Plant. All parts of the Deadly Nightshade contain Tropane Alkaloids which Inhibit the Parasympathetic Nervous System which controls Involuntary Body Activities. This reduces Saliva, Gastric, Intestinal and Bronchial secretions, as well as the activity of the Urinary Tubules, Bladder and Intestines. This makes Deadly Nightshade a Good Treatment for the Symptoms of Parkinson's Disease, reducing Tremors and Rigidity whilst improving Speech and Mobility.

Atropine, the Primary Chemical in Deadly Nightshade came into its own during World War II as the Germans had Synthesized a type of Nerve Gas that was Lethal, Odorless, and Colorless. Atropine was the only Antidote that could prevent the Paralyzing Effect of this Nerve Gas. It is fortunate that the Germans never used the Nerve Gas in actual combat during World War II. A Number of Medical Disorders have also been Treated using the Chemical Atropine in recent times, these disorders include problems such as Asthma, a Slow Heart Beat Rate or Bradycardia, disorders like the Whooping Cough, Gastric Ulcers, and Hay Fever.

The Entire Deadly Nightshade Plant is used to make a Homeopathic Remedy. This is used especially in cases where there is Localized and Painful Inflammation that Radiates Heat. It is also used to Treat Sunstroke and Painful Menstruation.

Deadly Nightshade has been found to be effective in Removing PCB's from the soil and Detoxifying them.

Of the Deadly Nightshade, Nicholas Culpeper wrote:

"This plant should not be suffered to grow in any places where children have been killed by eating the berries. There is a remarkable instance of the direful effects of this plant recorded in Buchanan's History of Scotland: wherein he gives an account of the destruction of the army of Sweno, when he invaded Scotland, by mixing a quantity of the juice of these berries in the drink which the Scots, by the truce, were to supply them with; this so intoxicated the Danes, that the Scots fell upon them in their sleep, and killed the greatest part of them: so that there were scarcely men enough left to carry off their king."

The Bergamot (Monarda Didyma):





The Bergamot is an Aromatic Herb in the Family Lamiaceae, native to Eastern North America from Western Maine to Ohio and South to Northern Georgia. Its name is derived from its Odor which is considered similar to that of the Bergamot Orange. The Scientific Name comes from the Spanish Herbologist Nicolas Monardes, who described the first American Flora in 1569. The Nectar of the Bergamot is abundant and collected by Bees and Humming Birds. The Leaves can be Harvested before the Plant flowers, or they can be Harvested with the Flowering stems. They can be used Fresh or Dried. The Essential Oil taken from this Herb is mainly used externally as a Rubefacient in the Treatment of Rheumatism as well as in Aromatherapy.

Bergamot is often used as a Domestic Medicine, being particularly useful in the treatment of Digestive Disorders. The Leaves and Flowering Stems are an Anthelmintic, a Carminative, a Diuretic, an Expectorant, a Febrifuge, a Rubefacient and a Stimulant. An Infusion is used in the Treatment of Flatulent Colic and Sickness, it is also used as a Diuretic to treat Urinary Disorders.

Leaves, Flowers, and Young Shoot Tips can be eaten Raw or Cooked. They are used to Flavour in Salads, Fruit Salads, and Drinks. They are added as an Attractive Garnish to Salads. An Excellent Aromatic Tea is made from the Fresh or Dried Leaves and Flower Heads. The Leaves give an Earl Grey Flavour to China Tea. Yields an Essential Oil, used in Perfumery, and is used as a Hair Tonic. The Dried Leaves and Flowers are used to Scent and add Colour to Pot-Pourri.

Bergamot is also used in Aromatherapy to Relieve Stress by adding 6 to 10 drops of Bergamot Essential Oil to the Bathtub and Soaking for about 20 minutes. The Bergamot is absorbed through the Skin and also Inhaled. Bergamot Essential Oil Aromatherapy also helps to Reduce Anxiety and Depression by keeping the scent of Bergamot in the area of the Depressed or Anxious Persons. Bergamot Aromatherapy also aids in Digestion by Inhaling the Scent of Bergamot, and it is also used it to soothe the Lungs. The Essential Oil of Bergamot is also used in Massage Therapy Oils as well as Skin Moisturizers.

The Betony (*Betonica Officinalis*):





The Herb known as the Betony is commonly considered to be the most important among the Anglo-Saxon Herbs. There are at least Twenty Nine uses of the Betony in the Treatment of Physical Diseases. At one time, the Betony was probably also the Most Popular Amulet Herb which were used widely until the Middle Ages as a Charm to Ward Off so called Evil or Ill Humors that supposedly brought Disease to the Human Body. This Medicinal Plant has been used in the Treatment of a Wide Range of Disorders, especially as a Nervine and Tonic for Treating Maladies of the Head and as an External Application to Wounds. Betony is much less used nowadays, and more often forms part of a Mixture of Herbs. The Whole Plant is collected when in Flower in the Summer and can be Dried for later use.

It Stimulates the Digestive System and the Liver, having an Overall Tonic Effect upon the Body. It is an Anthelmintic, Antiseptic, Astringent, Carminative, and a Mild Cathartic. It is because of its Astringent Properties that makes it useful in the Treatment of Diarrhea and in Treating Irritations Affecting the Throat, the Mouth, and the Gums. It is also a Cholagogue, Diuretic, a Mild Emetic, an Emmenagogue, Expectorant. It is also used as a Nervine, Sedative, Tonic and a Vulnerary. It is taken in the Treatment of "Frayed Nerves", Pre-Menstrual Complaints, for Poor Memory Issues and Tension.

A Glassful of Betony Decoction Three Times per Day a Benefit against Languid Nervous Headaches. A Pinch of the Powdered Betony Herb will Provoke Violent Sneezing and it has been used as part of a Herbal Snuff Mixture in the Treatment of Headaches. The Dried Betony Herb may also be Smoked as a form of Tobacco along with Eyebright and Coltsfoot for Relieving Headaches.

Betony has the ability to Lower the Blood Pressure. While this Report needs to be Verified by further studies, this Property of the Herb can partially explain the Reputed Effectiveness of Betony in Alleviating Headaches and Mild Anxiety Attacks.

As an Aromatic, it has also Astringent and Alterative action, and Combined with Other Remedies is used as a Tonic in Dyspepsia and as an Alterative in Rheumatism, Scrofula and Impurities of the Blood.

It can be taken in Combination with other Herbs to Treat Sinus Headaches and Congestion. Betony can be taken to Staunch Nosebleeds.

A Homeopathic Remedy is made from the Fresh Plant. It is used in the Treatment of Asthma and Excessive Perspiration.

Of the Betony, Nicholas Culpeper wrote:

" it helps those that loath and cannot digest their meat, those that have weak stomachs and sour belchings, or continual rising in their stomachs, using it familiarly either green or dry; either the herb, or root, or the flowers, in broth, drink, or meat, or made into conserve, syrup, water, electuary, or powder, as every one may best frame themselves unto, or as the time and season requires; taken any of the aforesaid ways, it helps the jaundice, falling sickness, the palsy, convulsions, or shrinking of the sinews, the gout and those that are inclined to dropsy, those that have continual pains in their heads, although it turn to phrensy. The powder mixed with pure honey is no less available for all sorts of coughs or colds, wheesing, or shortness of breath, distillations of thin rheum upon the lungs, which causes consumptions. The decoction made with Mead, and a little Pennyroyal, is good for those that are troubled with putrid agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the blood and humours, that by falling into the eyes, do hinder the sight; the decoction thereof made in wine and taken, kills the worms in the belly, opens obstructions both of the spleen and liver; cures stitches, and pains in the back and sides, the torments and griping pains in the bowels, and the wind cholic; and mixed with honey purges the belly, helps to bring down women's courses, and is of special use for those that are troubled with the falling down of the mother, and pains thereof, and causes an easy and speedy delivery of women in child-birth. It helps also to break and expel the stone, either in the bladder or kidneys. The decoction with wine gargled in the mouth, eases the tooth-ache. It is commended against the stinging and biting of venomous serpents, or mad dogs, being used inwardly and applied outwardly to the place. A dram of the powder of Betony taken with a little honey in some vinegar, does wonderfully refresh those that are over wearied by travelling. It stays bleeding at the mouth or nose, and helps those that void or spit blood, and those that are bursten or have a rupture, and is good for such as are bruised by any fall or otherwise."

The Bilberry (*Vaccinium Myrtillus*):



The Bilberry belongs to the Heath Berry Family, and is related to the Blueberry. More than 450 species of Plants are included in the genus *Vaccinium*, most of which can be found growing in Cool Temperate Latitudes and along Mountain Ranges in the Northern and Southern Hemispheres. Its Berries are around 8mm in diameter. The Flowers can be Eaten Raw or used to make Preserves. The Leaves are used as a Tea Substitute.

The Bilberries act as a good Astringent, an Antihistamine, and are especially valuable in Diarrhea and Dysentery, in the form of Syrup. Due to the Fruit Sugar found in them, Ripe Bilberries have a Mild Laxative action. Dried Bilberries are markedly binding and possess an Antibacterial Action for the Digestive System. They are also used for Discharges. A Decoction of the Leaves or Bark of the Root may be used as a local application to Ulcers, and in Ulceration of the Mouth and Throat.

Bilberries are also helpful in Scurvy and Urinary complaints. When the Bruised Roots are made into a Tincture steeped in Gin has Diuretic Properties. Also, Tea made from Bilberry Leaves are found to be useful in regulating the Blood Sugars in Diabetic Patients.

It has been found that the Bilberry aids the Body by supporting the Normal Formation of Connective Tissue and also helps to Strengthen the Capillary Tissues in the Body.

The Distilled Liquid made using the Leaves of the Bilberry makes excellent Eyewash and is soothing to Inflamed or Sore Eyes.

At the 2004 International Conference on Longevity, a group of Researchers released details of a study that suggests certain compounds found in Bilberries (and some similar fruits, including cranberries) have a significant impact in reducing the Degradation of Brain Function, as in Alzheimer's Disease.

Of Bilberries, Nicholas Culpeper wrote:

"They are under the dominion of Jupiter. It is a pity they are used no more in physic than they are. The black bilberries are good in hot agues, and to cool the heat of the liver and stomach; they do somewhat bind the belly, and stay vomiting and loathings; the juice of the berries made in a syrup, or the pulp made into a conserve with sugar, is good for the purposes aforesaid, as also for an old cough, or an ulcer in the lungs, or other diseases therein. The red worts are more binding, and stop women's courses, spitting of blood, or any other flux of blood, or humours, being used as well outwardly as inwardly."

It does have one small Contraindication however, and that it suppresses Lactation, so Bilberries should not be eaten by Mothers who might be Nursing.

The Bittersweet (*Solanum Dulcamara*):



**Warning! Warning! Warning! This Herbal Plant Is Poisonous! Warning!**

The Large and Important Natural Order of Solanaceae contains, besides Henbane and the Nightshades, some of the Most Poisonous of our Native Plants. It is a Perennial, Shrubby Plant, quite Woody at the Base, but throws out Long, Straggling, Slender Branches, which Trail over the Hedges and Bushes among which it grows, reaching many feet in length, when supported by other Plants. They are at first Green and Hairy, but become Woody and Smooth as they Grow Older, with an Ashy Green Bark. The Bittersweet's Flowers, which are Open all the Summer, are in Loose Drooping Clusters which are on Short Stalks opposite the Leaves. They are of a Bluish Purple Tint, with Reflexed Petals. Their Bright Yellow Stamens Project in a Conical Form around the Pistil, or Seed Bearing Portion of the Flower. Bittersweet is a Poisonous Plant that has a Long History of use in the Treatment of Skin Diseases, Warts, Tumours, and Felons. The Dried Stem, usually collected in the Autumn and preferably from the ends of Branches 2 - 3 years old, is the Part that is Most Valued Medicinally, though the Leaves are also used. It should be used with Caution and only under the Supervision of a Qualified Practitioner or Herbologist.

All parts of the Bittersweet Herbal Plant are an Alterative, Anodyne, Depurative, Emetic, and a Mild Diuretic. It is also an Expectorant, Hepatic, a Mild Narcotic and a Purgative. It is also used in the Treatment of Arthritis, Rheumatism, Bronchial Congestion, Heart Ailments, Ulcerative Colitis and Jaundice.

The Bittersweet is Chiefly Used as an Alterative used in the Treatment of a Wide Range of Skin Diseases. Externally, the Plant is used to Treat Skin Eruptions, Ulcers, Rheumatism, Gout, and Cellulite. It is also good for Treating Inflammations affecting the Region around the Fingernails and the

Toenails.

The Fruits are Marinated in Vinegar and applied to Cancerous Sores and other Swellings.

A Decoction of the Root is used in the Treatment of Cancer and Swellings. The Root is Harvested in the Autumn and Dried for later use.

A Homeopathic Remedy is made from the Fresh, Green, still Pliant Stems and Leaves and Harvested as the Plant begins to Flower. This is used in Treating a variety of Complaints including Backaches, Cough, Diarrhoea, Eye Inflammations and Joint Pains.

It has also been used to Treat Chronic Bronchial Catarrh, Asthma and Whooping Cough.

The Bittersweet Herb is also used in Treating Menstrual Problems and Related Disorders.

Of the Bittersweet, Nicholas Culpeper wrote:

"It is excellently good to remove witchcraft both in men and beasts, as also all sudden diseases whatsoever. Being tied round about the neck, it is one of the most admirable remedies for the vertigo or dizziness in the head that is; and that is the reason (as Tragus saith) the people in Germany commonly hang it about their cattle's necks, when they fear any such evil hath betided them. Country people commonly use to take the berries of it, and having bruised them, they apply them to felons, and thereby soon rid their fingers of such troublesome guests. We have now shewed you the external use of the herb, we shall speak a word or two of the internal, and so conclude. Take notice, it is a mercurial herb, and therefore of very subtle parts, as indeed all mercurial plants are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as oak) then put it into a pot, and put to it three pints of white wine, put on the pot-lid and shut it close; and let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent drink to open obstructions of the liver and spleen to help difficulty of breath, bruises and falls, and congealed blood in any part of the body, it helps the yellow jaundice, the dropsy, and black jaundice, and to cleanse women newly brought to bed. You may drink a quarter of a pint of the infusion every morning. It purgeth the body very gently, and not churlishly, as some hold. And when you find good by this, remember me."

This is a Poisonous Plant that, in excess, Paralyzes the Central Nervous System, Slows the Heart and Respiration, and Lowers Temperature, causing Vertigo, Delirium, Convulsions and Death.

Warning! Warning! Warning! This Herbal Plant Is Poisonous! Warning!

The Bistort (*Polygonum Bistorta*):



The Bistort Herbal Plant is a Hardy Perennial with Slender Stems, growing up to 65cm. Each Stem is Topped by a Dense Cylindrical Cluster of Tiny White or Pinkish Flowers. Lower Down the Stem Grow Long Bluish-Green Leaves that are Lance Shaped.

Bistort is one of the Most Strongly Astringent of all Herbs and it is used to Contract Tissues and Staunch Blood Flow. The Root is Powerfully Astringent, Demulcent, Diuretic, Febrifuge, and a Laxative. It is Gathered in Early Spring when the Leaves are just beginning to Shoot, and then dried.

It is much used, both Internally and Externally, in the Treatment of Internal and External Bleeding, Diarrhoea, Dysentery, and Cholera. Bistort is a Most Effectual Remedy for Bleeding from the Nose and Exceedingly Useful in Dealing with Hemorrhoids.

It is also taken Internally in the Treatment of a Wide Range of Complaints including Catarrh, Cystitis, Irritable Bowel Syndrome, Peptic Ulcers, and Excessive Menstruation. Bistort is considered Valuable for Diabetes, given in Conjunction with other Tonical Herbs.

Externally, it makes a Good Wash for Small Burns and Wounds, and is used to Treat Pharyngitis, Stomatitis, Vaginal Discharge, and Anal Fissure. A Distilled Water of the Bistort Leaves and Roots was used to Wash any Part Stung or Bitten by a Venomous Creature.

A Mouth Wash or Gargle is used to Treat Spongy Gums, Mouth Ulcers and Sore Throats.

The Powdered Leaves were Employed to Kill Worms

The Leaves are Edible Raw or Cooked. The Bistort Leaves make an Excellent Substitute for Spinach. In Northern England the Leaves are an Ingredient of a Bitter Lenten Pudding, called Easter Ledger



Pudding, that is Eaten at Lent.

Of the Bistort, Nicholas Culpeper wrote:

"both the leaves and roots have a powerful faculty to resist all poison. The root in powder taken in drink expelleth the venom of the plague, the small pox, measels, purples, or any other infectious disease, driving it out by sweating. The root in powder, the decoction thereof in wine being drank stayeth all manner of inward bleeding, or spitting of blood, and any fluxes in the body of either man or woman, or vomiting. It is also very availing against ruptures, or bursting, or all bruises or falls, dissolving the congealed blood, and easing the pains that happen thereupon; it also helpeth the jaundice. The water distilled from both leaves and roots, is a singular remedy to wash any place bitten or stung by any venomous creature; as also for any of the purposes before spoken of and is very good to wash any running sores or ulcers. The decoction of the root in wine being drank, hindereth abortion or miscarriage in child-bearing. The leaves also kill the worms in children, and is a great help to them that cannot keep their water; if the juice of plaintain be added thereto, and outwardly applied, much helpeth the gonorrhea, or running of the reins. The leaves, seed, or roots, are all very good in decoctions, drinks, or lotions, for inward or outward wounds, or other sores. And the powders strewed upon any cut or wound in a vein, stayeth the immoderate bleeding thereof. The decoction of the root in water, whereunto some pomegranate peels and flowers are added, injected into the matrix, stayeth the immoderate flux of the courses. The root thereof with pelitory of Spain, and burnt alum, of each a little quantity, beaten small and made into paste, with some honey, and a little piece thereof put into a hollow tooth, or held between the teeth, if there be no hollowness in them, stayeth the defluction of rheum upon them which cause the pains, and helps to cleanse the head, and void much offensive water. The distilled water is very effectual to wash sores or cancers in the nose, or any other parts; if the powder of the root be applied thereunto afterwards. It is good also to fasten the gums and to take away the heat and inflammations that happen in the jaws, almonds of the throat, or mouth, if the decoction of the leaves, roots, or seeds bruised, or the juice of them be applied; but the roots are most effectual to the purposes aforesaid".

The Blackberry (*Rubus Fruticosus*):



Blackberries have been gathered from the Wild for thousands of years in Europe, where the delicious Berries are used as Food and in preparing different Dishes. There have been many Superstitions concerning the correct or auspicious time for picking Blackberries in many places in Europe. For example, it was a popular belief in the UK that Blackberries must be picked before September 29 Michaelmas. This Belief comes from the Superstition that Satan contaminates all the Berries in the Wild by Spitting or Urinating on them after Michaelmas. The Ancient Greeks were also familiar with Blackberries and they considered it to be good for treating Gout. The Blackberry is also mentioned in the Bible and other Ancient Texts. In the Past, it was reputed to be capable of curing problems such as Hernia, Boils, or Rupture. It is also said that a Poultice made from the Leaves is used in parts of Rural England to treat Scalds and Burns on the Body. It was also said that when they were gathered at the right time of the Moon in older eras, the Blackberries were supposed to confer Protection against all 'Evil Runes'.

The Bark of the Root and the Leaves contain a lot of Tannins and Herbalists often suggest Blackberry Leaf as a general Herbal Astringent. It is used for treating Inflammation in the Throat and the Mouth and in the Treatment of non-specific Acute Diarrhea and Dysentery.

Not only the Berries can be eaten, but also the Tender Young Shoots of the Herb are also consumed Raw in Salads. These Tender Shoots are collected as they come up from the ground early in Spring and they are Peeled and then Eaten Raw or mixed with other Vegetables in a Salad.

Of the Blackberry, Nicholas Culpeper wrote:

"It is a plant of Venus in Aries. The reason why Venus is so prickly is because she is in the house of Mars. The buds, leaves, and branches, while they are green, are of good use in the ulcers and putrid sores of the mouth and throat, and for the quincy; and likewise to heal other fresh wounds and sores: but the flowers and fruit unripe are very binding; they are also profitable for the bloody flux and lasks, and a fit remedy for spitting of blood. Either the decoction or powder of the root, being taken, is good to break or drive forth gravel and the stone in the reins or kidneys. The leaves and brambles, as well green as dry, are good lotions for sores in the mouth or secret parts; the decoction of them and of the dried branches doth much bind the belly, and is good for too much flowing of women's courses; the berries or the flowers are a powerful remedy against the poison of the most venomous serpents as well drunk, as outwardly applied, and help the sores of the fundament, and the piles; the juice of the berries, mixed with juice of mulberries, do bind more effectually, and help fretting and eating sores and ulcers wheresoever. The distilled water of the branches, leaves, and flowers, or fruit, is very pleasant in taste, and very effectual in fevers and hot distempers of the body, head, eyes, and other parts. The leaves boiled in lye, and the head washed therewith heal the itch, and the running sores thereof, and make the hair black. The powder of the

leaves strewed on cancers and running ulcers, doth wonderfully help to heal them. Some condensate the juice of the leaves, and some the juice of the berries, to keep for their use all the year, for the purposes aforesaid."

The Black Cohosh (*Cimicifuga Racemosa*):



Black Cohosh is a Traditional Remedy of the North American Indians where it was used mainly to Treat Women's Problems, especially Painful Periods. It acts specifically on the Uterus it eases Uterine Cramps and has been used to help in Childbirth. Black Cohosh is also useful with Problems associated with the

Menopause. A Popular and Widely Used Herbal Remedy, it is effective in the Treatment of a Range of Diseases. It is Harvested in the Autumn as the Leaves Die Down, then Cut Into Pieces and Dried for later use.

The Root is an Alterative, Antidote, Antirheumatic, Antispasmodic, and Astringent. It is also a Diuretic, Emmenagogue, Expectorant, Hypnotic, Sedative, Tonic and Vasodilator. The Black Cohosh Root is also Hypoglycemic, Sedative and Anti-Inflammatory. Used in conjunction with St. John's Wort it is 78% Effective in Treating Hot Flashes as well as other Menopausal Problems.

The Herbal Tea of Black Cohosh Root makes a Good Treatment for Numerous Disorders and Conditions, including problems such as Rheumatism, all kinds of Diseases affecting Women, and helps Sore Throats and Related Respiratory Tract Infections. It is also good for Treating Diarrhea.

The Medically Active Ingredients are Not Soluble in Water so a Tincture of the Root is normally used. It is used in the Treatment of Rheumatism, as a Sedative and an Emmenagogue. The Black Cohosh Root contains Salicylic Acid, which makes it of value in the Treatment of various Rheumatic Problems - it is particularly effective in the Acute Stage of Rheumatoid Arthritis, Sciatica and Chorea. Its Sedative Action makes it useful for Treating a range of other Complaints including Ringing of the Ears Tinnitus and High Blood Pressure. The Roots are used to make a Homeopathic Remedy. This is used mainly for Women, especially during Pregnancy and Delivery.

Black Cohosh does have a Contraindication as it is Poisonous in Large Doses. Large Doses Irritate Nerve Centers and may cause an Abortion.

The Black Currant (*Ribes Nigrum*):



The Currant is a Fruit Bearing Shrub, originating from Tibet, extended and cultivated in Europe, dating 400 years back. The Flowers are Small, Yellowish-Green Colored on the outside and Red on the inside, sorted into 5-10 Hanging Groups. The Fruits are round, with a Diameter of around 0.5-1 cm, Black, Perfumed, with a Pleasant, Aromatic, Slightly Sour Taste. It grows spontaneously in Woods, frequent in Hilly Areas, having a Strong Resistance towards Cold Weather. In its Wild State, it can be found in more Temperate, Wet and Cool Zones, averted from Strong Winds.

An Infusion is used in the Treatment of Dropsy, Rheumatic Pain and Whooping Cough, and can also be used Externally on Slow-Healing Cuts and Abscesses. The Black Currant Infusion are also used for Treating Abscess, Dermatitis, Eczemas, Insect Stings or Hits. The mixtures from Buds are used in Urticaria. It can be used as a Gargle for Sore Throats and Mouth Ulcers. It is believed that an Infusion of the Leaves increases the Secretion of Cortisol by the Adrenal Glands, and thus stimulates the activity of the Sympathetic Nervous System. This action may prove useful in the Treatment of Stress-Related Conditions. An Infusion of the Young Roots is useful in the Treatment of Eruptive Fevers. Blackcurrants are Anti-sclerotic, a Pectoral, a Sudorific, a Stomachic, an Anti-diuretic, an Anti-colic, an Anti-stringent, and a Hypotensive.

Blackcurrant Fruits are a Good Source of Minerals and Vitamins, especially Vitamin C. They have Diuretic and Diaphoretic Actions, help to increase Bodily Resistance to Infections and are a valuable remedy for Treating Colds and Flu. The Black Currant is used in Treating Cardiovascular Diseases, preventing Cardiac Insufficiency and Vascular Accidents, it increases the resistance of Fragile Sanguine Capillaries, and reduces Arterial Hypertension. Black currants are also useful against Tiredness and Overwork. The Diet with these Fruits is also recommended to Plethoric and Lymphatic People and to Women who suffer from Circulation Disorders due to Menopause. The Black Currant is recommended as a Systemic Anti-Inflammatory Agent with actions similar to those of Natural Cortisone, in Cutaneous, Acute and Chronic Allergies, Bronchial Asthma, Allergic Rhinitis, and Diabetic Retinopathy.

Blackcurrant Juice, especially when Fresh or Vacuum-Sealed, helps to stem Diarrhea and calms Indigestion. The Black Currant Juice is also an Excellent Beverage in Febrile Diseases. Putting the Black Currant into ones Diet is useful against Rheumatism, Arthritis and Gout. The Plant stimulates Digestion, helps the functioning of the Liver, Pancreas, Spleen and Kidneys.



The Leaves are Harvested during the Growing Season and can be used Fresh or Dried. The Leaves are Cleansing, Diaphoretic and Diuretic. By encouraging the Elimination of Fluids they help to reduce Blood Volume and thereby Lower Blood Pressure.

The Seed is a source of Gamma-Linolenic Acid, an Unsaturated Fatty Acid which assists the production of Hormone-Like Substances. This process is commonly blocked in the body, causing Disorders that affect the Uterine Muscles, Nervous System and Metabolism.

A Decoction of the Bark has been found of use in the Treatment of Calculus, dropsy and Haemorrhoidal Tumours.

Of the Black Currant, Nicholas Culpeper wrote:

"they are of a moist, temperate, refreshing nature; the red and white currants are good to cool and refresh faintings of the stomach, to quench thirst, and stir up an appetite, and therefore are profitable in hot and sharp agues: it tempereth the heat of the liver and blood, and the sharpness of choler, and resisteth putrefaction; it also taketh away the loathing of meat, and weakness of the stomach by much vomiting, and is good for those that have any looseness of the belly; Gesner saith, that the Switzers use them for the cough, and so well they may; for, take dry currants a quarter of a pound, of brandy half a pint set the brandy on fire, then bruise the currants and put them into the brandy while it is burning, stirring them until the brandy is almost consumed, that it becomes like unto an electuary, and it is an excellent remedy to be taken hot for any violent cough, cold, or rheum. The black currants and the leaves are used in sauces by those who like the tast and scent of them, which I believe very few do of either."

Black Medick (*Medicago Lupulina*):



Black Medick is edible if the Leaves are Cooked, and is used as Forage & Feed for Livestock.

There does not seem much information available about its Medicinal Properties except for some references to an Infusion made from it having Antibacterial Properties against Mycobacteria. There is also reference to it having some sort of Soothing Affect.

The Black Mustard (*Brassica Nigra*):





The Black Mustard can reach up to Six Feet when fully grown, it is an Annual Plant. The Plant Bears Leaves that are Pinnately Divided at the Base and Toothed on the edges giving them a Peculiar Appearance. Mustard Seed is often used in Herbal Medicine, especially as a Rubefacient Poultice.

A Decoction of the Seeds is used in the Treatment of Indurations of the Liver and Spleen. It is also used to Treat Carcinoma, Throat Tumours, and Imposthumes. A Liquid Prepared from the Seed, when Gargled, is said to help Tumours of the Sinuses. Hot Water poured onto Bruised Mustard Seeds is used as an Inhaler where it acts to Throw Off a Cold or Dispel a Headache. Mustard is also recommended as an Aperient Ingredient of Tea is useful in Hiccup.

Applied Externally, Mustard Relieves Congestion by drawing the Blood to the Surface as in Head Afflictions, Neuralgia, Spasms, Pneumonia, Bronchitis and other Diseases of the Respiratory Organs. It relieves Congestion of Various Organs by drawing the Blood to the Surface, as in Head Afflictions, and is of Service in the Alleviation of Neuralgia and other Pains and Spasms.

Oil of Mustard is a Powerful Irritant and Rubefacient, and when applied is a Very Useful Application for Chilblains, Chronic Rheumatism, and Colic. Mustard Oil is said to Stimulate Hair Growth.

Mustard Flour is considered an Antiseptic. In cases of Hiccough, a Teaspoonful of Mustard Flour in a Teacupful of Boiling Water is Effective.

The Black Mustard Seed when Ground and made into a Paste then applied to the Skin in the Treatment of Rheumatism, and as a means of Reducing Congestion in Internal Organs.

The Black Mustard Seed is also used Internally, when it is Appetizer, Digestive, Diuretic, Emetic and Tonic. Swallowed Whole when Mixed with Molasses, it acts as a Laxative.

Hot Water Poured on Bruised Seeds makes a Stimulant Foot Bath, Good for Colds and Headaches. Old Herbals suggested Black Mustard for Treating Alopecia, Epilepsy, Snakebite, and Toothache.

Mustard Flour is considered an Antiseptic. In cases of Hiccough, a Teaspoonful of Mustard Flour in a Teacupful of Boiling Water is Effective.

Of the Black Mustard, Nicholas Culpeper wrote:

"the drowsy forgetful evil, to use it both inwardly and outwardly, to rub the nostrils, forehead and temples, to warm and quicken the spirits . . . the decoction of the seeds ... resists the malignity of mushrooms.... Being chewed in the mouth it oftentimes helps the tooth-ache. It is also used to help the falling off the hair. The seed bruised, mixed with honey, and applied, or made up with wax, takes away the marks and black and blue spots of bruises or the like . . . it helps also the crick in the neck".

The Black Mustard does have a Minor Contraindication as Care must be Taken not to over do the Application of it's Poultices can sometimes cause quite Severe Irritation to the Skin.

Black Nightshade (*Solanum Nigrum*):



Black Nightshade is found just about anywhere in the World where there are Weeds. It occupies Gardens, Yards, Agricultural Fields, Construction Sites, and other areas where Humans disturb the Soil. Natural Habitats include River Floodplains, Steep Banks and Storm-Damaged Woods. As Well Documented, Black Nightshade Berries are as a Food Source, the Greens are even better Documented. Black Nightshade Greens are Regularly Consumed in virtually every Tropical and Subtropical Country on Earth, as well as occasionally in the Temperate Zones. European and North American Literature often calls these Greens Poisonous or Deadly, but authors from the Tropics hold a completely different Attitude.

The Flowers appear as early as June and continue being produced into Autumn; they are most prevalent in Late Summer. Hanging in Small Clusters from the Leaf Axils, the Blossoms Grow on Pedicels that are often unequal in length. The inconspicuous Five-Petaled Flowers are Whitish and about a half inch across. In form they resemble Tomato Flowers.

Some Western Authors, attempting to explain away the obvious Edibility of a Plant that their Culture Erroneously Believes to be Poisonous, suggest that Black Nightshade Greens are Eaten Regularly by Hundreds of Millions of People only because of their Medicinal Properties. It is True that this Plant is Traditionally Considered a Health Tonic by many Cultures, as well as a remedy for numerous Ailments, including Malaria, Dysentery, Stomach Complaints, Fever and Schistosomiasis. Studies have also Demonstrated that these Greens have Antiviral, Anticancer, and Antiparasitic Properties. The Whole Plant is Antiperiodic, Antiphlogistic, Diaphoretic, Diuretic, Emollient, Febrifuge, Purgative and Sedative.

The Bruised Fresh Leaves, used Externally, are said to ease Pain and Abate Inflammation, and the Arabs apply them to Burns and Ulcers. Their Juice has been used for Ringworm, Gout and Earache, and Mixed with Vinegar, is said to be good as a Gargle and Mouthwash Remeying Mouth Ulcers. The Leaves, Stems and Roots are used Externally as a Poultice Wash in the Treatment of Cancerous Sores, Boils, Leucoderma and Wounds. Extracts of the Plant are Analgesic, Antispasmodic, Anti-inflammatory and Vasodilator. The Plant has been used in the manufacture of locally Analgesic Ointments and the Juice of the Fruit has been used as an Analgesic for Toothaches. In Bohemia the Leaves are placed in the Cradles of Infants to promote Sleep.

The Berries are Injurious to Children, but are often Eaten by Adults with Impunity, especially when Quite Ripe, as the Poisonous Principle is chiefly associated with all Green Parts. The Fruits are used as

a Tonic, Laxative, Appetite Stimulant, and for Treating Asthma and Excessive Thirst.

In North India, the Boiled Extracts of Leaves and Berries are also used to alleviate Liver-Related Ailments, including Jaundice. In Assam, the Juice from its Roots is used against Asthma and Whooping Cough

It is applied in Medicine similarly to Bittersweet, but is more Powerful and Possesses Greater Narcotic Properties.

Traditionally the Plant in some Cultures to Treat Tuberculosis

This Plant has been found to be effective in removing PCB's from the Soil and Detoxifying them. The Black Nightshade is more effective in doing this if it is Infected with the Bacterial Parasite *Agrobacterium Tumefaciens*.

The Black Pepper (*Piper Nigrum*):



Black pepper is a flowering vine in the family Piperaceae, cultivated for its Fruit, which is usually Dried and used as a Spice and Seasoning. The same Fruit is also used to produce White Pepper and Green Pepper. Black pepper is native to South India and is extensively cultivated there and elsewhere in tropical regions. Pepper has been used as a Spice in India since Prehistoric Times. It was probably first cultivated on the Malabar Coast of India, in what is now the State of Kerala. Peppercorns were a much Prized Trade good, often referred to as Black Gold and used as a form of commodity Money. The term "Peppercorn Rent" still exists today.

It is Stimulating for the Entire Body, Boosting Circulation, Fighting Food Poisoning and Dysentery, helping to relieve Diarrhea, as well as Nasal Congestion and Sinusitis. Black Pepper has been used as Carminative, reducing Stomach and Intestinal Gas and have been found to Stimulate the activities of the Heart and Kidneys.

Black pepper contains an Essential Oil with Piperine, Sabinene, Pinene, and limonene. Piperine is known as a Central Nervous System Depressant and has good Anticonvulsant and Antimicrobial Properties. It stimulates both the Digestive and Circulatory system and, apart from this, has Insecticidal Properties, the Piperine being effective against Houseflies and all sorts of different types of Pests that are in the Garden.

It is used for treatment of Nausea, lack of Appetite and other Dyspeptic Complaints such as Flatulence. Black Pepper Essential Oil is used for Pain Relief, increasing Circulation, Muscular Aches, Exhaustion and Fevers.

Smearing a Paste of Black Pepper Corns on affected parts provides respite from all kinds of Pain and Swellings. Black Pepper Oil can also be used for massage by blending it with some other Vegetable Oil, or diluted in a Bath to assist with Circulation, Bruises, Rheumatoid Arthritis and Muscular Aches.

For Colds, Flues and Viruses, it can be taken as a Steam Inhalation, combined with Eucalyptus or Marjoram. For Fevers, a Decoction of Black Pepper prepared by Boiling Water with Pepper Corns is found to Reduce Rigors and Lower Temperature. In Ayurvedic Medicine, they use Pepper mixed with Ghee (buttery type of compound) to help treat Nasal Congestion, Sinusitis, Skin Eruptions, and Epilepsy.

For Skin Diseases Apply Externally on affected parts a mixture of Black Pepper Powder and Ghee. It is believed to help in Eczema, Scabies and all kinds of Allergic Rashes and Skin Disorders associated with Oozing and Itching. For Pimples, pound Pepper Corns with Water and apply it over your Pimples. This should have a Diuretic Affect helping to Dry them up.

Black Pepper can also be used to treat Toothache, Rheumatic Pains and for expelling Ecto-parasites. An infusion of Black Pepper is a useful Stimulant Gargle in relaxed Sore Throat and Hoarseness dependent there on and in Toothache also.

For Toothache, make a Decoction of Pepper by adding 1/8th Tsp of Black Pepper to ½ cup of Boiling Water. Rinse the Mouth with Small Sips with Warm Decoction. Retain the Liquid in the Mouth for a minute or so.

A mixture of a Pinch of Pepper Powder and a quarter teaspoon of common Salt is an excellent Dentifrice. Their daily use prevents Dental Cares, Foul Breath, Bleeding or Painful Gums.

Ginger Juice mixed with a Finely Ground Black Pepper Corns provides Relief in cases of Indigestion. When suffering from loss of Appetite, Chew on a Paste of Pepper Powder mixed with a Tsp of Honey and you will find your Appetite restored in a matter of a day.

For excessive Thirst, Roasted Pepper Powder with Water helps to quench Thirst.

I already know one of its Contraindications. It aggravates Heart Burn Conditions as that was the one Spice I had to avoid backing in the days that I had Terrible Chronic Heartburn.

The Black Root (*Leptandra Virginica*):



Black Root was employed Medicinally by several Native North American Aboriginal Tribes who used it to Treat a variety of Complaints. For Ceremonial Purifications, the Seneca Indians induced Vomiting by Drinking a Herbal Tea made from the Plant's Dried Root. The Chippewas used the Root as a "Blood Cleanser." It is still occasionally used in Modern Herbalism, but it mainly effects upon the Liver and Bile Production. The Roots are Harvested in the Autumn and should be Stored for at least a Year before use.

The Root is an Anodyne, Cathartic, Emetic, Hepatic, Laxative and a Tonic. The Fresh Root is a Violent Cathartic and possibly Emetic, while the Dried Root is Milder in its Action, but less certain. The Root Gently Excites the Liver and Increases the Flow of Bile. The Dried Root has been Employed with Success in Leprosy and Cachetic Diseases, and in combination with Cream of Tartar to Treat Dropsy. The Herb also Treats Flatulence and Bloating, and eases the discomfort of Hemorrhoids and Rectal Prolapse. Black Root is occasionally given for Skin Problems if Poor Liver Function is a Factor.

An Infusion of the Black Root has been used in the Treatment of Diarrhea, Coughs, Chills and Fevers, and also to ease the Pain of Backaches. A Herbal Tea made from the Roots is Strongly Laxative. A Decoction may be useful in Intermittent Fever.

Some Caution is Advised, the Plant is Potentially Toxic. There appears to be a Risk of the Fresh Root producing Bloody Stools and possibly an Abortion.

The Blessed Thistle (*Cnicus Benedicta*):





The Blessed Thistle has been Cultivated for Several Centuries in this Country for its Medicinal Uses and is Native of Southern Europe, Growing in Waste, Stony, Uncultivated Places, but it Grows more readily in England in Cultivation. The Blessed Thistle was Widely Cultivated in the Middle Ages, when it was seen as a Cure-All for all manner of Diseases including the Plague. Although less widely used nowadays, it is still seen to have a Wide Range of Applications though it is Mainly Employed as an Ingredient in Herbal Tonics. The Herbal Plant is Harvested in the Summer as it comes into Flower and is Dried for later use. It is said to have Great Power in the Purification and Circulation of the Blood, and on this action helps to Strengthen the Brain and the Memory.

The Whole Plant is an Astringent, Bitter, Cholagogue, Diaphoretic, Diuretic, and is Strongly Emetic in Large Doses. It is also an Emmenagogue, Galactagogue, Stimulant, Stomachic and a Tonic. It has an Astringent Action that makes it useful for Treating Diarrhea.

The Blessed Thistle Herb is also used Internally in the Treatment of Anorexia, Poor Appetite associated with Depression, Dyspepsia, and Flatulent Colic. The Whole Herbal Plant is Infused Overnight in Cold Water and the Herbal Tea is Drunk Three Times daily in order to help Treat VD. Men were required to Run after each dose in order to Encourage Sweating. The Treatment often causes Nausea and Vomiting.

A Warm Infusion of the Plant is said to be one of the Most Effective means of Improving the Milk Supply of a Nursing Mother. An Infusion of the Whole Plant has also been used as a Contraceptive and is often used in the Treatment of the Liver and Gall Bladder Problems. Blessed Thistle can be helpful during problems with the Menopause, such as Heavy Bleeding. Blessed Thistle has also been shown to act as an Antineoplastic, hindering the Formation of Abnormal Cells, useful in Cancer Treatment.

The Blessed Thistle can be used Externally in the Treatment of Wounds and Ulcers.

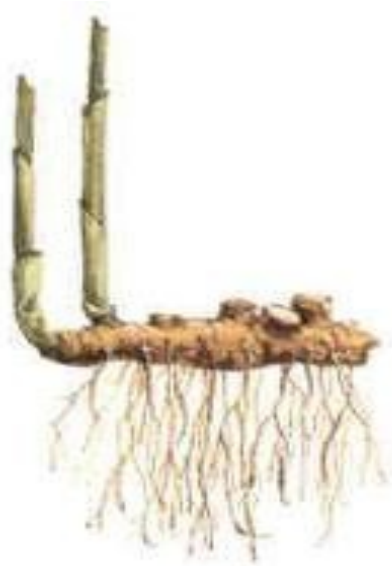
A Homeopathic Remedy is made from this Herbal Plant. It is used in the Treatment of the Liver and Gall Bladder.

Of the Blessed Thistle, Nicholas Culpeper wrote:

"It helps swimings and giddiness in the head, or the disease called vertigo, because Aries is the

House of Mars. It is an excellent remedy against yellow jaundice and other infirmities of the gall, because Mars governs choller. It strengthens the attractive faculty in man, and clarifies the blood, because the one is ruled by Mars. The continual drinking the decoction of it helps red faces, tetters and ringworm, because Mars causeth them. It helps plague-sores, boils and itch, the bitings of mad dogs and venomous beasts, all which infirmities are under Mars. Thus you see what it doth by sympathy."

#### The Blue Cohosh (Caulophyllum Thalictroides):



One of the Oldest Indigenous American Plant Medications is Blue Cohosh, otherwise known as "Papoose Root" or "Squaw Root". A Handsome Perennial Plant, growing in Low Rich, Moist, Soil in Swamps and near Running Streams, Smooth and Glaucous in May and June a panicle of Small Yellowish Green Flowers and one or two Seeds about the Size of a Large Pea, which Ripen in August. These are sometimes Roasted and Boiled in Water, and given as a Decoction Resembling Coffee. Blue Cohosh was introduced into Medicine in 1813

Blue Cohosh makes a good Antispasmodic, Diuretic, Diaphoretic and Anthelmintic. Said to be successfully used in Rheumatism, Dropsy, Epilepsy, Hysteria and for Chronic Uterine Inflammation. A Decoction of Blue Cohosh Root is good for Sore Throats. It is also good for Emmenagogue and Most Helpful when there is a Delay in Childbirth is due to Weakness, Fatigue or lack of Uterine Power.

#### The Blue Dragon (Dracocephalum Parviflorum):



The Blue Dragon has relatively few Medicinal Properties to it. But what it is good for it the Treatment of Diarrhoea. The Leaves are a Febrifuge and an Ophthalmic. A Cold Compound Infusion has been used in the Treatment of Fevers and Headaches. Externally, it has been used as an Eyewash.

Of the Blue Dragon, Nicholas Culpeper referred to it as "Dragons" and wrote of it:

"In all herbs of that quality, the safest way is either to distil the herb in an alembick, in what vehicle you please, or else to press out the juice and distil that in a glass still, in sand. It scoureth and cleanseth the internal parts of the body mightily, and it cleareth the external parts also, being externally applied, from freckles, morpew, and sun-burning. Your best way to use it externally, is to mix it with vinegar; an ointment of it is held to be good in wounds and ulcers: it consumes cankers, and that flesh growing in the nostrils, which they call polypus: Also the distilled water being dropped into the eyes, taketh away spots there, or the pin and web, and mends the dimness of sight; it is excellently good against pestilence and poison. Pliny and Dioscorides affirm, that no serpent will meddle with him that carries this herb about him."

The Blue Flag (Iris Versicolor):



The Blue Flag was one of the Most Popular Medicinal Plants amongst various Native North American Aboriginal Tribes. In Modern Herbalism it is Mainly Employed to Detoxify the Body as it is a Diuretic and Produces Bile and has a Mild Laxative Effect. The Root is an Alterative, Anti-Inflammatory, Cathartic, Cholagogue, Diaphoretic, and an Emetic.

Taken Internally as a Tea, the Root has been used as a Strong Laxative that also Acts Strongly on the Liver and Promotes the Excretion of Excess Body Fluids. It is also a Stimulant for the Circulatory and Lymphatic System. The Blue Flag's Combination of Cleansing Action makes it a Useful Herb for Chronic Skin Diseases such as Acne and eczema. It acts as a Stimulant to the Liver and Intestinal Glands which makes it useful for Treating Gallbladder Problems or Constipation Contribute to the Condition. Blue Flag is also given for Biliousness and Indigestion. In Small Doses, Blue Flag Relieves Nausea and Vomiting.

The Blue Flag's Detoxifying Effect make it useful in the Treatment of Psoriasis, Acne, Herpes, Arthritis, Swollen Glands, Pelvic Inflammatory Disease and even Syphilis..

Externally, the Lotion of Blue Flag, it is applied to Skin Diseases, Wounds and Rheumatic Joints. The Roots are Harvested in Late Summer and Early Autumn and are usually Dried for later use.

The Roots were Boiled in Water and then Mashed to make a Poultice which was used to Relieve the Pain and Swelling Associated with Sores and Bruises.

The North American Aboriginals used to use the Leaves to Weave Baskets and Mats.



Some Native North American Aboriginal Tribes used to use the Blue Flag Root as a Protection against Rattlesnakes. It was believed that, so long as the Root was handled occasionally to ensure the Scent Permeated the Person and their Clothes, Rattlesnakes would not Bite them.

It has some Contraindications as some Caution should be Exercised in its use, however, since there are Reports that it is Poisonous. The Fresh Root is Quite Acrid and when taken Internally Causes Nausea, Vomiting, Colic and Purging. The Dried Root is much Less Acrid. This Remedy should not be Prescribed for Pregnant Women.

The Bogbean (*Menyanthes Trifoliata*):



Bogbean is a Perennial Aquatic Herbal Plant Growing to 23 cm. It has Trefoil Leaves and Spikes of Pink and White Flowers with Fringed Petals. Only Honey Bees have an easy time getting to the Bogbean Herb because it Grows in often Inaccessible Bogs and Marshes and in Cold Water. People who are Fortunate enough to come upon Bogbean in the Wild will not confuse it with any other Herb, for it is among the Most Beautiful of Water Plants. Bogbean is closely related to the Gentian Herbal Plant which is a Bitter Herb used as a Digestive and General Body Tonic. The Bogbean Herbal Plant can be used similarly, but it can Irritate the Digestive System of Patients with Gastric Inflammation or Infection. The Leaves are Best Harvested in Late Spring or Early Summer and Dried before use. Avoid using the Fresh Plant as

that can cause Nausea and Vomiting.

The Bogbean Herbal Plant is an Anti-Inflammatory, Astringent, Carminative, Cathartic, and a Deobstruent. It is also a Digestive, Diuretic, Emetic, and a Emmenagogue. As well as that, it is a Febrifuge, Hypnotic, Stomachic, and a Tonic. All parts of this Herbal Plant are Medicinally Active, but the Leaves are the part most commonly used.

An Infusion is given in the Treatment of Muscular Weakness that comes from Chronic Infections with Debility and Exhaustion, Indigestion, and Anorexia. Given in Small Doses of about 10 grams, it imparts Vigour to the Stomach and Aids Digestion. Using the Bogbean Herb helps a Person to Gain Weight. It is good for Treating Scurvy, Skin Diseases, Jaundice, and Intestinal Worms as well. It is also believed to be an Effective Remedy for Rheumatoid Arthritis, especially when this Condition is associated with Weakness, Weight Loss and Lack of Vitality. The Juice of the Fresh Leaves has proved Efficacious in Dropsical Cases, and when mixed with Whey has been known to Cure Gout.

It does have some Contraindications as this Herbal Plant should not be Prescribed for Patients with Diarrhoea, Dysentery or Colitis. Excessive Doses cause Vomiting.

The Boldo (Peumus Boldus):



Boldo is an Evergreen Shrub that develops unhurriedly and often grows to a height



of 6 m to 8 m. The Shrub is native to South America, especially in the Andean expanses of Chile and Peru, and is also Indigenous to different Regions in Morocco. While Boldo have been used as a Cooking Spice and a Therapeutic Herb for ages, it is still one of the most familiar and widely used Medicinal Plants in Chile. Boldo is a Traditional Remedy used by the Araucanian Natives of Chile as a Tonic. The Leaves are Harvested during the Growing Season and are Dried for later use.

The Plant, when taken Internally, Stimulates Liver Activity and Bile Flow and is chiefly valued as a Remedy for Gallstones, Gallbladder Pain and the Liver. It is normally taken for only a Few Weeks at a time, either as an Infusion or as a Tincture. It is often combined with other Herbs for the Treatment of Gallstones.

The Leaves are an Analgesic, a Urinary Antiseptic, and a Bitter. It is also a Cholagogue, Diuretic, Stimulant and a Tonic. The Boldo Leaves are considered a Valuable Cure for Gonorrhea in South America. The Plant is taken Internally in the Treatment of Intestinal Parasites and Rheumatism. It has been used in the past as a Substitute for Quinine in the Treatment of Malaria.

A volatile oil obtained from the plant destroys internal parasites. Alkaloids contained in the bark are a stimulant for the liver. Boldo is also useful to Treat Chronic Hepatic Torpor. The Leaves of the Boldo Plant have also been used for Treating an Assortment of other disorders such as Earache, Headache, Congestion, Syphilis and Menstrual Pain. It is also used to help Alleviate Inflammations in the Urogenital Region, Cure Jaundice, and Dyspepsia. It is also as an Antispasmodic to Relieve Muscle Cramps.

The Boldo is also Utilized to Cure Insomnia, Cystitis, Arthritis, Rheumatism, and the Common Cold. It is also good for the Digestive System as it helps to Cure Constipation, Flatulence, Indigestion or Lack of Appetite and also to force out Intestinal Worms.

Boldo does have some Minor Contraindications as this Herbal Plant should not be used by Pregnant or Nursing Women.

The Boneset (*Eupatorium Perfoliatum*):



Names of Plants often reveal much Information about them. They can also be Misleading. There is little difficulty with the Scientific Name of Boneset "*Eupatorium Perfoliatum*". The Genus Name of this Member of the Daisy Family derives from Mithridates Eupator, Ancient King of Pontus, who first used a Closely related Plant for Medicinal Purposes. The Species Designation "*Perfoliatum*" refers to the Erect Hairy Stems of this Perennial Herbal Plant attains a Height of about 5 ft and is Crowned with Heads of White Tubular Florets, appears to perforate the center of the pairs of Oppositely Joined Leaves. Its Common Name of Boneset is more likely to lead one astray since the Plant was Classically Employed in the Treatment of Fevers, and is not useful at all for Mending Broken Bones. However, when it is Recognized that its name refers to the old name for Dengue Fever was "Break Bone Fever". It was American Indians who Introduced the use of Boneset Leaves and Flowering Tops to the Early Settlers.

Boneset is one of the Most Popular Domestic Medicines in North America where it is used in the Treatment of Influenza, Colds, Acute Bronchitis, Catarrh and Skin Diseases. It has been shown to Stimulate Resistance to Viral and Bacterial Infections, and Reduces Fevers by Encouraging Sweating. The Leaves and Flowering Stems are Harvested in the Summer before the Buds Open, and are Dried for later use.

The Leaves and Flowering Stems are an Antispasmodic, Cholagogue, Diaphoretic, Emetic, and a Febrifuge. It is also a Laxative, Purgative, Stimulant, and a Vasodilator. A Hot Infusion of the Dried Boneset Leaves and Flowers is used as a Very Effective Treatment to Bring Relief to Symptoms of the Common Cold, Dropsy, and other similar Feverishness Ailments. Boneset helps to Loosens Phlegm and

Promotes its Removal through Coughing. It is also used in the Treatment of Rheumatic Illness, Skin Conditions and Eliminating Worms.

A Homeopathic Remedy is made from the Fresh Plant. It is used in the Treatment of Illnesses such as Flu and Fever.

Of the Boneset, Nicholas Culpeper referred to it as "Crosswort" and wrote: "This is a singular good wound-herb, and is used inwardly, not only to stay bleeding of wounds, but to consolidate them, as it doth outwardly any green wound, which it quickly drieth up and healeth. The decoction of the herb in wine helpeth to expectorate phlegm out of the chest, and is good for obstructions in the breast, stomach, or bowels, and helpeth a decayed appetite. It is also good to wash any wound or sore with, to cleanse and heal it. The herb bruised and then boiled, and applied outwardly for several days together, renewing it often, and in the mean time the decoction of the herb in wine taken inwardly every day, doth certainly cure the rupture in any, so as it be not too inveterate; but very speedily, if it be fresh and lately taken."

The Boneset does have some Contraindications as it should be used with some Caution since Large Doses are Laxative, Purgative, and Emetic and the Plant might contain Potentially Liver Harming Alkaloids.

The Borage (Borago Officinalis):



Borage is a fairly common Domestic Herbal Remedy that has been used since Ancient Times. Borage is a Common Plant found Growing in the Wild Areas of most European and Mediterranean countries. Borage is much used in France for fevers and pulmonary complaints. While Borage does not grow Native in North America, American Herbalists are Very Familiar with the Plant and the Herb Borage is Cultivated in some places in North America. Strangely though, Borage is difficult to grow in Cultivated Gardens and Nurseries. Borage is actually found to Grow Well as a weed in unlikely places such as Junkyards and other Waste Spaces.

The Leaves are Harvested in Late Spring and the Summer as the Plant comes into Flower. They can be used Fresh or Dried but should not be stored for more than One Year because they soon lose their Medicinal Properties.

The Leaves are rich in Potassium and Calcium, and they have a Salty Cucumberish Flavour. The Whole Leaves are Very Hairy and have an Unpleasant Feeling in the Mouth and so they are best Chopped Up Finely and added to other Leaves when eaten in a Salad. The Leaves should always be used Fresh, because they Lose Their Flavour and Colour if Dried. The Raw Flowers are used as a Decorative Garnish on Salads and Summer Fruit Drinks. The Flowers are very nice, both to look at and to taste with a Sweet Slightly Cucumberish Flavour.

It has a particularly Good Reputation for its Beneficial Affect on the Mind, being used to Dispel Melancholy and induce Euphoria. Borage's ability of driving off Melancholia and inducing Gladness or Courage in a Person. Some Herbalists also venture that the Name of the Herb might be a derivation from or the corruption of the word 'Corago-Courage', or translated as "I Bring Courage", thus this property of Inducing Confidence in a Person has been associated with this Herb since very early times.

It is a Soothing Saline Diuretic Herb that soothes Damaged or Irritated Tissues. By virtue of its Saline Constituents, it promotes the activity of the Kidneys and for this reason is employed to carry off Feverish Catarrhs.

The Herbal Remedies made from Borage are said to be capable of Soothing and Reducing Heart Palpitations and are attributed with a property of Revitalizing the Entire Cardiac System in persons

under Convalescence.

The Leaves, and to a lesser extent the Flowers, are Demulcent, a Diaphoretic, a Depurative, an Emollient, an Expectorant, Febrifuge, and Mildly Sedative. Its Demulcent qualities are due to the Mucilage contained in the Whole Plant and that helps the Respiratory System as Borage has a Decongestant and Expectorant Property, it is therefore used in the Effective Treatment of conditions such as Catarrh. It is used extensively in the Treatment of Sore Throats and for the Treatment of all types of Infections in the Chest region of the Body.

The Detoxification of the Body can also be accomplished by the Herbal Remedies made using Borage. Borage is a Cleansing Herb with Cooling Effects on the whole Body, and because of this it may be used for the treatment of any disorder connected to Congestion and Excessive Heat in the Body of an Individual. Perspiration in the Body is also increased by the Borage Herb which along with its Diuretic Properties, helps to accelerate the Excretion of Toxins from the Body through the Pores on the Skin and Urine.

Borage also performs similar and very effective alleviating actions in the Digestive System as well as the Urinary System, for this reason, Remedies based on the Borage are very useful for the Treatment of Disorders such as Persistent Gastritis and problems such as the Irritable Bowel Syndrome.

Different kinds of Skin Problems, including all kinds of Boils and Bodily Rashes can also be Treated using Borage Herbal Tea. Externally it is used as a Poultice for Inflammatory Swellings.

Children Specific Eruptive Diseases and Disorders can also be Treated using Borage Herbal Remedies such as Measles and Chickenpox, the Remedy made from the Borage is also used in the Treatment of Feverish Colds, different Coughs and the Common Flu in Children.

An Infusion of the Borage Leaves and taken Internally in Wineglassful Doses is good for the Treatment of a range of Ailments including Fevers, Chest Problems and Kidney Problems, though it Should Not Be Prescribed to people with Liver Problems. It is also an Excellent Remedy for the Treatment of Arthritis and Rheumatism in those afflicted by these physical disorders.

It is believed that the Insects are discouraged from attacking Plants near the Borage because of Chemicals in the Borage which act as Insect Repellents.

The Seeds are a Rich Source of Gamma-Linolenic Acid, this Oil helps to regulate the Hormonal Systems and Lowers Blood Pressure. It is used both Internally and Externally, helping to Relieve Skin Complaints and Pre-menstrual Tension.

Of Borage, Nicholas Culpeper wrote:

"Ruled by the planet Jupiter, and under Leo, all great cordials and strengtheners of nature. The leaves or roots are to very good purpose used in putrid and pestilential fevers, to defend the heart, and help to resist and expel the poison or the venom of other creatures: the seed is of the like effect; and the seed and leaves are good to increase milk in women's breasts: the leaves, flowers, and seed, all or any of them, are good to expel pensiveness and melancholy; to clarify the blood, and mitigate heat in fevers. The juice made into a syrup prevaieth much to all the purposes aforesaid, and is put with other cooling, opening, cleansing herbs to open obstructions, and help the yellow jaundice, and mixed with fumitory, to cool, cleanse, and temper the blood, whereby it helpeth the itch, ringworms and tetters, or other spreading scabs or sores. The flowers candied, or made into a conserve, are helpful in the former cases, but are chiefly used as a cordial, and are good for those that are weak with long sickness, and to comfort the heart and spirits of those that are in a consumption, or troubled with often swooning, or passions of the heart: the distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammation of the eyes, being washed therewith".

The Buckthorn (*Rhamnus Cathartica*):



The Buckthorn is a Shrub or Small Tree Growing up to 7 meters tall. Its Slender Branches are Tipped with sharp Spines. The Leaves are Oval, Pointed, Sharp-Toothed Dark Green Leaves about 2 to 6 cm long. Clusters of Greenish Flowers, which Bloom between May and June, produce Berrylike Fruits that contain Three or Four Seeds and turn Black when Ripe. The Buckthorn Herb has been Long Known to be a Powerful Laxative. The Berries are the part of the Plant used for this purpose, and they are Extremely Unpleasant Tasting.

Both the Bark and the Fruit of the Common Buckthorn have been used for their Purgative Effect upon the Body, however they can be Rather Violent in their action and so are rarely used in Human Medicines.

The Berries, Harvested when Fully Ripe, are Cathartic, Depurative, Diuretic, Laxative and Violently Purgative. About 8 - 15 of the Mature Fruits, Chewed before Breakfast, are a Strong and Effective Laxative.

An Infusion of the Not Quite Mature Fruits is Gentler in its action.



A Green Dye is obtained from the Immature Fruit. Mixed with Gum Arabic and Limewater, it makes a Green Pigment used in Water Colour Painting. Yellow, Orange and Brownish Dyes can also be Obtained.

Of the Buckthorn, Nicholas Culpeper referred to it as "Buck's Horn" and wrote: "the virtues are held to be the same as buck's horn plaintain, and therefore by all authors it is joined with it: the leaves bruised and applied to the place, stop bleeding: the herbs bruised and applied to warts, will make them consume and waste in a short time."

Buckthorn does have some Contraindications and should be used with Caution, in Large Doses the Fruit can cause Vomiting and Violent Diarrhoea. It should not be given to Children at all, but should only be used by Adults.

The Burdock (Arctium Lappa):



The Burdock Root is eaten as a Vegetable in many places. It has many Nutrients like Iron, Inulin (a type of Carbohydrate), and Beneficial Oils. Also, Burdock can be used as a Gentle Laxative. It is a Powerful Diuretic, and is Safe to be taken Internally, Externally, or as Food.

One of the Active Ingredients of Burdock are Polyacetylenes, which are known to be effective Antibacterials and Antifungals. The Burdock enhances the Performance of many of the Organs which help to Purify the Body and Eliminate Toxins or Waste (like the Kidneys, Liver, and Colon. This enhances Overall Health. Burdock's other Active Ingredients are Arcigen, Calcium, Chlorogenic Acid, Flavonoids, Iron, Inulin, Lactone, Mucilage, Potassium, Resin, Tannin, and Taraxosterol. The Seeds of the plant contain Beneficial Fatty Acids.

Burdock Juice, taken with Wine and Honey, was reputed to be a good Tonic for Treating Wounds after

being Bitten by a Dog, thus helps to Delay the onset of Rabies before the days of the Inoculation for Rabies was invented. It was also a Good Treatment for Snake Bites.

Burdock Root has often been used to Purify the Blood by removing Toxins that can build up in Blood. It can be taken Orally or used Topically as a Remedy for Skin Disorders. Applying Burdock Leaves to the Feet helped to relieve the Itching Sensation of Athletes Foot. Also, Burdock Root can be used for Soothe Aching Joints.

Traditional Chinese Healers used Burdock Root in combination with other Plants to make Cures for Colds, Measles, Throat Pain, and Tonsillitis. The Chinese used it as an aphrodisiac, and found it effective in treating barrenness and impotence. Burdock Root was also popular in Japan as a source of Vitamins and other Nutrients.

In Modern Times, Burdock Root has been employed in the Treatment of certain Cancers. Its Cancer-Curing Properties were also Utilized in Russia and India. However, this use of Burdock Root still needs to be Systematically Tested.

Historically, the Seeds of the Burdock Plants were compressed to make a mixture that was effective in cleansing the Bloodstream, easing Pain from Arthritis, and treating Gout, Rheumatism, Ulcers, Acne, Eczema, and Psoriasis.

The Essential Oils that are Compressed from the Seeds can be used as a Diaphoretic, which leads to Increased Perspiration, which is Essential in Cleansing the Body of Toxins or Harmful Elements. According to Traditional Healers, Diaphoretics are Integral to Treating Influenza, Gallbladder or Liver Disorders, and to aid the Kidneys which Purify the Blood.

Burdock is used as an Ingredient in Teas, Ointments, or Pills. The Burdock Ointments are used Externally for the Treatment of most Skin Ailments. It is very useful in the Treatment of Boils, Scurvy as well as Rheumatism afflictions because of Anti-Scorbutic Properties in the Root. Its Mucilaginous and Demulcent qualities have also made it Highly Recommended for External use in the Treatment of Ulcers and Scaly Skin Disorders."

Bruised Burdock Leaves coated with Egg White helps to Heal Minor Burn Wounds. The Leaves, Cooled and Dried, are good for helping to Heal Sores. The Seed, Crushed and Mixed with Wine, and taken for Forty Days in a row, was a Good Treatment for Sciatica. which is Pain caused by a Compressed Nerve in the Spine. A Mouthwash made from the Roots is good for Healing the Mouth of creating Bloody Phlegm and Bleeding Gums.

Of the Burdock, Nicholas Culpeper wrote:

"by its seed or leaf, you may draw the womb which way you please, either upward by applying it to the crown of the head, in case it falls out, or downward in fits of the mother, by applying it to the soles of the feet; or, if you would stay it in its place, apply it to the navel, and that is likewise a good way to stay the child in it; the bur leaves are cooling, moderately drying, and discussing withal whereby they are good for old ulcers and sores. A drachm of the roots, taken with pine-kernels, helpeth them that spit foul, mattery, and bloody phlegm; the leaves applied to the places troubled with the shrinking of the sinews or arteries, give much ease."

However, it is important to make sure that the Herb is Pure. Some Reports have indicated that Burdock could have Toxic Properties, since cases of Illness were reported that involved Burdock Tea. However, further analysis showed that the Negative Effects were the result of Impure Burdock Root. Some Species of Belladonna, which contains Atropine, has been know to contaminate the Burdock Root. It is important to look at the Source and Purity of Burdock Root before obtaining it.

The Burr Marigold (*Potentilla Anserina*):



Silverweed is a Ground-Hugging Perennial Growing 20 to 38 cm tall with Runners that are 1 to 2 meters long. New Plants Bearing Tufts of Leaves that are Pinnately Divided into Toothed Leaflets with Silvery Undersides. Each Tuft Bears a Single Five Pedaled Bright Golden Yellow Flower between June to August atop a 4 to 14 cm Long Leafless Stalk. Contemporary Medical Herbalists believe that Silverweed's Main Medicinal Value lies in its Astringency. The Roots are the Most Astringent Part of the Plant, they are Harvested in Late Summer or Autumn and Dried for later use. The Leaves are Harvested in Early Summer and Dried for later use.

The Whole Plant is An Antispasmodic, a Mild Astringent, Diuretic, and Foot Care. It is also a Haemostatic, Odontalgic and Tonic. A Tablespoonful of the Herb Boiled in a Cup of Milk, has been recommended as an Effective Remedy in Tetanus, or Lockjaw.

Externally, it is used as a Powder to Treat Ulcers and Hemorrhoids whilst the Whole Bruised Plant, placed over a Painful Area, will act as a Local Analgesic. A Distilled Water of the Herb was in Earlier Days much in Vogue as a Cosmetic for Removing Freckles, Spots and Pimples, and for Restoring the Complexion when Sunburnt. The Dried and Powdered Leaves have been Successfully Administered in Feverish Shakes.

A Strong Infusion is used to check the Bleeding of Piles and to Treat Diarrhoea, it is also used as a Gargle for Sore Throats. It is also an Excellent Remedy for Jaundice, Cramps in the Stomach, Heart and Abdomen. An Herbal Tea made from Silverweed was formerly much used to Treat Menstrual Cramps and Indigestion.

A Decoction of Silverweed has been used for Treating Mouth Ulcers, relaxation of the Uvula, Spongy Gums and for Fixing Loose Teeth, also for Toothache and Preserving the Gums from Scurvy.

Roasted, Boiled, or Raw, Silverweed's Starchy Rootstock has served as Food for North American Indians, Eskimos, and Northern Europeans for many years. At times Silverweed Rootstock (said to Taste like Parsnips, Sweet Potatoes, or Chestnuts) has kept Regional Populations Alive when nothing else was available to Eat.

Of the Silverweed, Nicholas Culpeper wrote:

"The leaves are mildly astringent: dried, and given in powder, they will frequently effect a cure in agues and intermitments; the usual dose is a mat-spoonful of the poder every three or four hours betwixt the fits. The roots are more astringent than the leaves, and may be given in posder in doses of a scruple or more in obstinate purgings, attended with bloody stools, and immoderate menstrual discharges. A stron infusion of the leaves sops the immoderate bleeding of th piles; and, sweetened with a little honey, it is an excellent gargle for sore throats."

The Butterbur (Petasites Hybridus):



The Butterbur Herb is a Stout Perennial Herb arising from a Coarse Rhizome and having a Hollow, Thick, Reddish-Brown Leafless Arial Stem, covered with Lance-Shaped Scales and Terminating in a Dense Club-Shaped Cluster of Flower Heads. Large Leaves, up to 2/3rds of a Meter, and are Spiky around the Edges. The Lilac-Pink Flowers of the Butterbur are Small and Tubular. Because the Leaves are Big Enough to Protect a Person's Head from Sun or Rain, the Greeks used the Butterbur as a "Hat Plant." The name of the Broad-Brimmed Hat, somewhat like a Sombrero, was worn by Travelers in Greco-Roman times was Petasos, and the Plant Name derived from it survives in Botanical Usage. The Leaves are Harvested in Early

Summer, the Root in Late Summer to Autumn. Both can be Dried for later use.

Butterbur is Widely Considered to be an Effective Cough Remedy and Recent Experiments have shown it to have Remarkable Antispasmodic and Pain-Relieving Properties. Butterbur has been used mainly to Treat Chest Problems such as Bronchitis, Asthma, and Whooping Cough.

The Root and the Leaves are an Analgesic, Antispasmodic, Cardiotonic, Diaphoretic and Diuretic. A Decoction is taken as a Remedy for Various Respiratory Problems such as Asthma, Colds, Bronchitis and Whooping Cough and also other Complaints such as Fevers and Urinary Complaints. It is also Very Effective in the Treatment of Gastrointestinal Complaints and Biliary Dyskinesia.

Externally it can be used as a Poultice to Speed the Healing of Wounds and Skin Eruptions. A homeopathic remedy is made from the roots. It is used in the treatment of severe and obstinate neuralgia.

Butterbur acts on the Bile Ducts, Stomach and Duodenum. Butterbur Root is also Medicinally Employed as a Cardiac Heart Stimulant.

Of the Butterbur, Nicholas Culpeper wrote:

"great strengthener of the heart, and cheers the vital spirits. The excellent Fuschius, in his account of this herb, is most express, and records its virtue as wonderful in pestilential fevers; and this he speaks not from tradition, but his own experience. Were it needful to prove the sun gives light, it is scarcely less certain or less obvious, than that this root, beyond all things else cures pestilential fevers, and is by long experience found to be very available against the plague, by provoking sweat; if the powder thereof, be taken in wine, it also resisteth the force of any other poison; the root taken with zedoary and angelica, or without them, helps the rising of the mother; the decoction of the root in wine is singularly good for those that wheeze much, or are short-winded; it provoketh urine also and women's courses, and killeth flat and broad worms in the belly: the powder of the root doth wonderfully help to dry up the moisture of sores that are hard to be cured, and taketh away all spots and blemishes of the skin."

The Butterbur does have some Contraindications as it contains Pyrrolizidine Alkaloids which when Isolated are Toxic to the Liver. Because the Herbal Plant contains Potentially Toxic Alkaloids its Internal Use cannot be Recommended.

The Cabbage (Brassica Oleracea):



It aids the Liver in its Detoxification Processes, especially when eaten Raw such as it is in Cole Slaw. It is because of its Detoxification Affect that the Ancient Romans used to use Cabbage as a remedy for Hangovers.

An Herbal Poultice for the treatment of External Injuries such as Bruises. It is prepared by the Cabbage Leaves being Blanched in Hot Water, then Crushed Up or Finely Chopped and then Applied Topically as a Herbal Salve. Consumption of this Vegetable is considered very helpful in the treatment of Painful Arthritis with a good long term effect.

Packed Cabbage Leaves were often used as Topical Eczema remedies in many parts of Europe in earlier times, as a Topical Remedy, the Cabbage was also used for the treatment of different disorders affecting the Legs - including the Varicose Veins and in the alleviation of Leg Ulcers of all sorts.

Due to its having a lot of Fiber, it is useful for Treating Intestinal Disorders like Constipation. Sauerkraut Juice can also be a powerful laxative especially when it is mixed with some Tomato Juice. Diabetes may also be Treatable or Managed by consuming Sauerkraut Juice, mixed with some Lemon Juice on a Daily Basis. The vitamin C and Lactic Acid content of Sauerkraut Juice as well as Cabbage is very high and this endows the Juice with many beneficial properties and can be used to Treat and Cure Scurvy.

When used as Internal as well as External remedy, Cabbage is useful mainly due to its High Sulfur content, the Mineral destroys the Ferments within the Blood, and this is particularly effective as a Treatment for Skin Disorders of all kinds. Individuals affected by persistent Coldness in the Feet can benefit by including Cabbage in the Daily Diet, this is because Sulfur is considered to be one of those elements that can induce an increase in the production of Heat in the Body.

Of the Cabbage, Nicholas Culpeper wrote:

"The cabbage or coleworts boiled gently in broth, and eaten, do open the body, but the second decoction doth bind the body: the juice thereof drunk in wine, helpeth those that are bitten by an adder; and the decoction of the flowers bringeth down women's courses. Being taken with honey, it recovereth hoarseness or loss of the voice. Being boiled twice and an old cock boiled in the broth, and drunk, helpeth the pains and the obstructions of the liver and spleen, and the stone in the kidneys; the juice boiled with honey, and dropped into the corner of the eyes, cleareth the sight, by consuming any film or cloud beginning to dim it; it also consumeth the canker growing therein. They are much commended being drunk with too much wine, and quickly make a drunken man sober; for as they say. The decoction of coleworts taketh away the pains and achs, and allayeth the swellings of swoln or gouty legs and knees wherein many gross and watery humours are fallen, the place being bathed therewith warm: it helpeth also old and filthy sores being bathed therewith, and healeth all small scabs, pushes, and wheals, that break out in the skin; the ashes of colewort-stalk, mixed with old hog's-grease, are very effectual to anoint the sides of those that have had long pains therein, or any other place pained with melancholy and windy



humours. Cabbages are extreme windy, whether you take them as meat or as medicine. The Moon challengeth the dominion of the herb."

### Cajuput (Melaleuca Leucadendron)



These  
Trees

are Indigenous to Malaysia but also grown in Indonesia, Philippines, Australia and Vietnam, which is again becoming a Major Source of Cajuput.

The Tree has a Long Flexible Trunk with Irregular Ascending Branches, covered with a Pale Thick, Lamellated Bark it is Soft and Spongy and from time to time throws off its Outer Layer in Flakes. It's Leaves Entire, Linear, Lanceolate, Ash Colour, Alternate on Short Foot-Stalks. It Flowers are Sessile, White, on a Long Spike. The Leaves have a very Aromatic Odour and the Oil is Distilled from the Fresh Leaves and Twigs, and is Volatile and Stimulating with an Aroma like Camphor, Rosemary, or Cardamom Seeds.

Not a particularly pleasant Fragrance but when Colds and Flus are around, the Vapour in the Air may inhibit the spread of Infections. Try combining the Oil in such cases with other Oils like Eucalyptus, Lavender, Lemongrass and Geranium. A few Drops added to Hot Water and the Vapour Inhaled may help relieve Colds, Bronchitis, Laryngitis and Sore Throats. The Oil's Antispasmodic Properties may explain why it has been to Treat Spasmodic Coughs and the Pain of Dysmenorrhoea (Painful Menstruation). Baths also bring some Relief in such conditions.

The Fresh Leaves and Twigs are Distilled and yield around 1% of Essential Oil. In Vietnam, the initial Steam Distillation is done locally in Traditional Stills. This Oil may subsequently be rectified in Modern Equipment to rid it of Impurities. The Crude Essential Oil may be Green Tinted, but when Rectified, it will be Colorless to Pale Yellow. It has a Mild Camphoraceous Eucalyptus-like Fragrance.

It is an Antispasmodic, Stimulant, Antiseptic. Used as a Stimulating Expectorant in Chronic Laryngitis and Bronchitis. Also used in Chronic Rheumatism. Applied Externally, it is Stimulant and Mildly Counter-Irritant and is usually applied Diluted with 2 Parts of Olive Oil or Turpentine Ointment.

Traditionally, it was Rubbed on the Forehead to relieve Headaches and was recommended as an Expectorant in cases of Laryngitis and Bronchitis. It has also be used for Pharyngitis, Rheumatism, Toothache, Neuralgia and for Skin Conditions such as Ulcers, Acne and Psoriasis.

People in the Malaysian Islands used the Oil Externally for Skin Diseases, as an Insecticide for Fleas & Lice and as a Room Spray against all kinds of Insect Pests.

Cajuput Oil has good Antibacterial and Antifungal activity. This Oil is a Pale Yellow Liquid and contains up to 60% 1,8-cineole, the Main Antimicrobial Component of the Oil. The Oil has been used with Great Success in a Hospital Trial to Treat Patients with Severe Boils.

Using it in a Massage is good for Muscle Stiffness and Stiff Painful Joints. Chest Rubs help Relieve Soreness and Congestion caused by Influenza or Bronchitis.

In many parts of Asia, the Oil which gives the Tree its name is used as a Liniment and Inhalant.

This Oil diluted with equal parts of Tea Tree is worth trying for persistent Athletes Foot.

Cajuput Oil has been Classified as Non-Toxic and Non-Sensitizing, although Skin Irritation may occur at High Concentrations.

The Calamus (Acorus Calamus):



Calamus has a Very Long History of Medicinal Use in Many Herbal Traditions. It is Widely Employed in Modern Herbal Medicine as an Aromatic Stimulant and Mild Tonic. In East Indian Medicine it is highly valued as a Rejuvenator for the Brain and Nervous System and as a Remedy for Digestive Disorders. Roots 2 - 3 years old are used since Older Roots tend to become Tough and Hollow. They are Harvested in Late Autumn or Early Spring and are Dried for Later Use. The Dry Root Loses 70% of its Weight, but has an Improved Smell and Taste. It does, however, Deteriorate if Stored for Too Long.

The Calamus Root is an Anodyne, Aphrodisiac, Aromatic, Carminative, Diaphoretic, Emmenagogue, Expectorant, Febrifuge, and Hallucinogenic. It is also a Hypotensive, Sedative, and a Stimulant. Along with that it is a Stomachic, a Mild Tonic and a Vermifuge.

Traditionally used as a Tea, the Calamus is used as Bath Additives, Gargles, Lotions, or Washes, unless they are used in Combination with other Herbs. In Chinese Medicine, Calamus is used to Treat Laryngitis, Deafness, Chest Congestion, and for use as an Eyewash.

It is used Internally in the Treatment of Digestive Complaints, Bronchitis, and Sinusitis. It is said to have Wonderfully Tonic Powers of Stimulating and Normalizing the Appetite. In Small Doses it Reduces Stomach Acidity whilst Larger Doses Increase Stomach Secretions. It is, therefore, recommended in the Treatment of Anorexia Nervosa.

Chewing the Root Alleviates Toothache. It is a Folk Remedy for Arthritis, Cancer, Convulsions, Diarrhoea, Dyspepsia, and for Epilepsy. Chewing the Root is said to Kill the Taste for Tobacco.

A Homeopathic Remedy is made from the Roots. It is used in the Treatment of Flatulence, Dyspepsia, Anorexia and Disorders of the Gall Bladder.

Calamus is also Used Externally to Treat Skin Eruptions, Rheumatic Pains and Neuralgia.

The Leaves are used in Basket Weaving or Woven into Mats. They have also been used as a Thatch for Roofs. An Essential Oil from the Rhizome is used in Perfumery and as a Food Flavouring. The Essential Oil is also an Insect Repellent and Insecticide. It is effective against Houseflies. All parts of Plant can be Dried and used to Repel Insects or to Scent Linen Cupboards. They can also be Burnt as an Incense, whilst the Whole Plant was Formerly Used as a Strewing Herb. The Growing Plant is said to Repel Mosquitoes.

Calamus does have some Contraindications as some forms of the Plant might be Carcinogenic. Also, if a Dose taken Internally is Too Large it will Cause Nausea and Vomiting. An Infusion of the Root can bring about Abortions, so it should never be used by Pregnant Women. Caution is advised on the use of the Distilled Essential Oil, since Large Doses can cause Mild Hallucinations.

The Camphor (Cinnamonum Camphora):



Originally a Species Native to East Asia, this Evergreen Tree was Traditionally used extensively in many East Asian Cultures as a Source for Fragrant Incense and Wood. The Chemicals in the Fragrant Wood act as a Repellent to Clothes Moths, and the Wood itself is Immune to the Majority of Wood Boring Insects, is made into Fine Chests and Trunks. The Camphor Wooden Sea Chests has helped to keep the Clothes of a lot of Sailors Safe down through the Ages. The Fragrant Smell of the Flower in Full Bloom can fill the Air with a Characteristic Sweet Fragrance when the Plant Flowers. The Camphor is used in the Preparation of Incense and for Wood Products. Camphor has a Long History of Herbal use in the Orient with a Wide Range of Uses.

It has occasionally been used Internally in the Treatment of Hysteria, but in Modern Day Herbalism it is mainly used as the Essential Oil and Internal use is not advised. The Wood and Leaves are an Analgesic, Antispasmodic, Odontalgic, Rubefacient, and a Stimulant. The Essential Oil which can be obtained by Distillation of the Chipped Branches, Trunk and Wood of the Tree, or from the Leaves and Twigs. The Camphor Wood 24 - 40 years old is normally used. Many different Commercial Products are obtained from the Camphor such as Insecticides, Deodorants, and Disinfectants. It is also used to make Explosives and Paint Solvents, Natural Perfumes and Soaps are some of the Non-Medical Related Commercial Products Derived from the Camphor Tree.

An Infusion of Camphor is used as an Inhalant in the Treatment of Colds and Diseases of the Lungs. Different Respiratory Diseases such as Asthma, Persistent Bronchitis and Emphysema is also Treated by Inhalations of the Camphor Fumes.

The Plant is more commonly used in the form of Essential Oil. The Essential Oil is an Anthelmintic, Antirheumatic, Antispasmodic, Cardiotonic, Carminative, Diaphoretic, Sedative and Tonic. It is used Externally in Liniments for Treating Joint and Muscle Pains. Balm Ointments are used for Chilblains, Chapped Lips, Cold Sores, and Skin Diseases and as an Inhalant for Bronchial Congestion. The Essential Oil is used in Aromatherapy. Camphor Essential Oils are also used in the Treatment of Digestive Complaints and Depression.

All types of Arthritic and Rheumatic Pains and problems like Neuralgia, and Back Pain can be Treated using Camphor. It is a Herbal Counterirritant and most often used as an Analgesic Liniment for Topical Treatment of different Disorders. The Analgesic qualities of the Camphor also make it an useful Liniment for Direct Application to Treat all sorts of Skin Problems such as Cold Sores and Chilblains. For the Treatment of Bronchitis and different Infections of the Chest, Camphor is Directly Rubbed on the Chest as a Herbal Topical Treatment Measure.

It was discovered by a Dr. Quin in the 1850s that it makes a good Homeopathic Medication for Treating Cholera.

Some Caution is Advised as it does have some Contraindications as Excessive Use causes Vomiting, Palpitations, Convulsions and Death. It is possible that the Essential Oil of Camphor can be Absorbed through the Skin, causing Systemic Poisoning.

The Caraway Herb (*Carum Carvi*):



The Caraway is a Biennial Plant with a Long History that started around 5000 years ago. Native to Egypt and East-Mediterranean countries, Caraway is grown all over Europe, West Asia, Morocco, Turkey and America. It grows in a spontaneous way especially in Mountainous Regions and Sunny Dry Areas. Due to its Spicy Flavor, it is an invaluable ingredient in Oriental, Indian, North-African and Mexican Cuisines. It is also used in other countries of Europe. Its symbolical meaning is strongly

represented in Germany, where young couples offer each other Caraway as a symbol for Fidelity. The Dutch use Old Recipes in which Caraway Fruits (also known as "Seeds") are used in Flavoring Cheese. As a Spice, Caraway can be added in Bread, Soups, Meat, Salads and even Cakes.

Caraway contains a considerable quantity of Volatile Oils (Limonene, Dehydrocarvon Si Dihydrocarveol), Proteins, Lipids, Albuminoid Substances, Mineral Substances, Starch, Tannins and so on. Caraway's Volatile Oil is not only used in Cosmetic Industry in making Perfumes, but also in Therapeutic Purposes, because it reacts efficiently in treating the Gastro-Intestinal Tract helping to Stimulate Food Appetite and for Alleviating Stomach Aches. It also strengthens the Body's Immune System and helps to alleviate Bronchitis and Cold Symptoms.

Caraway Infusions taken Internally before every Meal, Three Times Per Day helps to alleviate the loss of Food Appetite. One gram of Caraway Powder mixed with Honey is another way of alleviating lack of Food Appetite and stimulating Digestion. For use in helping to Treat Colitis, Cramps as well as all types of Bloating, Flatulence and Diarrhea, Caraway Powder is mixed with Mint Fruits and is administered Four Times a day for Four Weeks.

Infusions of Caraway is also good for Inflammations of the Skin occur, It is recommended to dab at the Infected Areas of the Skin with the Caraway Infusion. Infusions of Caraway are also good for Treating Laryngitis when it is Gargled. Taking its Infusions also help to Treat Heart Irregularity caused by excess Digestive Gas, and ease Menstrual Cramps.

Warmed-up Caraway Seed Poultices can be used to eliminate Pediatric Intestinal Worms. These Poultices are applied on the Stomach Area in order to take affect.

It is also used in Veterinary Medicine as its various Health Benefits are good for Cats and Dogs as well as Humans.

Of the Caraway, Nicholas Culpeper wrote:

"This is a Mercurial plant. Caraway seed hath a moderate sharp quality, whereby it breaketh wind, and provoketh urine. The root is better food than the parsnips; it is pleasant and comfortable to the stomach and helpeth digestion. The seed is conducing to all cold griefs of the stomach, and bowels; as also the wind in them. The powder of the seed put into a poultice, taketh away spots of blows and bruises. The herb itself, or with some of the seed bruised and fried, laid hot in a bag or double cloth, to the lower parts of the belly, easeth the pains of the wind cholic. Caraway confects, once only dipped in sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable remedy for those that are troubled with wind."

There is some Contraindications with Caraway Herb and that is before starting Treatment with products based on Caraway it is recommended to see a Herbological Specialist. It is known that it can trigger Epilepsy States in Children and Overdoses taken by Pregnant Women can lead to Miscarriages.

The Cardamom (Elettaria Cardamomum):





The Herbal Plant called the Cardamom is a Very Famous Spice. This Herb is one of the Oldest Known Spices in the World. The Ancient Egyptians made extensive use of the Cardamom in the manufacture of Perfumes and Cosmetics. However, the use of the Cardamom as an Herbal Medicine is not as well known as its use in Culinary and Cosmetic Preparations. One Very Effective use of the Cardamom is its effective alleviation of Bad Breath.

In the East Indian Herbal Medicine, Cardamom is utilized in the Preparations of many Remedies. The Cardamom has been used for Thousands of Years in India as a Medicine Mainly Employed as an Excellent Remedy for the Treatment of many different Digestive Problems, particularly to help Soothe Indigestion, Relieve from Muscular Cramps and Excess Abdominal Gas. The East Indians have used the Cardamom in Herbal Medications since Ancient Times for Treating Various Conditions, these Problems include disorders such as an Asthma, Chronic Bronchitis, problems like Kidney Stones, and disorders such as Anorexia.

The Infusion can be used in the Treatment of problems such as Flatulence or a sudden loss of Appetite. The Ideal Time to Drink the Infusion about Thirty Minutes before Meal Time. One Long Standing Reputation of the Cardamom Herb is its Aphrodisiac Effect.

In Traditional Chinese Medicine, the Cardamom is used in the Treatment of Urinary Incontinence and as a General Herbal Tonic. It is also used to Treat Stomach-aches, Constipation, Dysentery, and other Digestion Problems. Green Cardamom is broadly used in Southern Asia to Treat Infections in Teeth and Gums, to prevent and Treat

Throat Troubles, Congestion of the Lungs and Pulmonary Tuberculosis, and Inflammation of Eyelids.

The Carrot (*Daucus Carota*):



This Common Garden Vegetable is a Biennial Plant in the Wild, while the Cultivated Varieties are Grown as Annuals. The Carrot is one of the Most Recognized Plants in the World. The Plant possesses an Erect Stem and can reach 3 Feet in height when Fully Grown. The Carrot Bears Feathery Leaves and gives off Small White Flowers in Season. It also Bears Flat Green Seeds. The Most Familiar Part of the Carrot is the Swollen Orange Colored Roots used as a Vegetable, and all Cultivated Subspecies of this Plant have Fleshy Orange Taproots, though some Varieties and the Wild Carrot as such do not have an Orange Colored Taproot. The True Origins of the Very Familiar Garden Carrot remain Unknown, but it has been known for having been in Cultivation in Ancient Greece and Rome.

Cultivated Carrot Roots are a Diuretic and Ophthalmic and is a Rich Source of Beta-Carotene, which is converted to Vitamin A by the Liver. When used as a Regular Item in the Diet the Roots Improve Eyesight and Skin Health, and also have Anti-Cancer Effects. A Wonderful Cleansing Medicine, it supports the Liver and Stimulates Urine Flow and the Removal of Waste by the Kidneys. The Compounds of Beta-Carotene can also Significantly Lower the Risk of Heart Attacks and Strokes. Carrots are used in Herbal Medicine to Treat Problems such as Intestinal Parasites,

Persistent Diarrhea, different Digestive Problems as well as High Cholesterol Problems.

The Seed is a Carminative, Galactagogue, Lithontripic, Stimulant, Flatulence, and Windy Colic. It is also good for Treating Hiccups, Dysentery, Chronic Coughs, and a Stimulant as well. They are useful in the Treatment of Kidney Diseases, Dropsy and to settle the Digestive System. They Stimulate Menstruation and have been used in Folk Medicine as a Treatment for Hangovers.

The Juice of Carrots is a Delicious Drink and a Valuable Detoxifier. The Raw Root, Grated or Mashed, is a Safe Treatment for Threadworms, especially in Children.

A Herbal Extract made from Boiled Wild Carrots were used as a Diuretic Medicine. These Extracts were also used to Dissolve Kidney Stones in Patients. Carrot Seeds were also Consumed to help Eliminate Intestinal Worms and Excess Abdominal Gas.

Of Carrots, Nicholas Culpeper wrote:

"Remove stitches in the sides, provoke urine and women's courses, and helpeth to break and expel the stone; the seed also of the same worketh the like effect, and is good for the dropsy, and those whose bellies are swoln with wind; helpeth the cholic, the stone in the kidneys, and rising of the mother: being taken in wine, or boiled in wine, and taken, it helpeth conception. The leaves being applied with honey to running sores or ulcers, do cleanse them. I suppose the seeds of them perform this better than the roots; and though Galen commended garden-carrots highly to break wind, yet experience teacheth they breed it first, and we may thank nature for expelling it, not they; the seeds of them expel wind indeed, and so mend what the root marreth."

Carrots actually do have a few Small Contraindications as Carrots sometimes cause Allergic Reactions in some People. Skin Contact with the Sap is said to cause Photo-Sensitivity and/or Dermatitis.

The Carscara Sagrada (Rhamnus Purshiana):



The Cascara Sagrada is a Large Deciduous Tree, which can reach a Height of Twenty to Thirty Feet when Fully Mature. The Circumference of average Cascara Sagrada Trunks is 1 1/2 feet in diameter. The Tree Bears a Reddish Brown Colored Bark and possesses Slender Branches with many Leaves. The Leaves of the Cascara Sagrada Tree are Elliptical in Shape and are often Green or Yellow Green in Coloration. The Cascara Sagrada is Native to the Californian Area of North America and was Extensively Used by the Native Americans in their Traditional Folk Medicine. It was the early Spanish Explorers and Pioneers who came up with the Spanish Name for this Tree which means "sacred bark." Cascara Sagrada was Prepared into Various Herbal Medicines by the Native Americans. Cascara sagrada is widely used as a Gentle Laxative that Restores Tone to the Bowel Muscles and thus makes Repeated Doses unnecessary. It is often Sold in Chemists and Herbology Stores. The Bark is used and is Harvested on a Commercial Basis from Wild Trees and Plantations in Western North America. It should be Harvested in the Autumn or Spring at least 12 Months before it is used Medicinally, in order to allow the More Violent Purgative Effect to be Mollified with Age. Three Year Old Bark is considered to be the Best Age. It is considered suitable for Delicate and Elderly Persons and is very useful in cases of Chronic Constipation.

The Bark also has Tonic Properties, promoting Gastric Digestion and Appetite. As well as its uses as a Laxative, it is taken Internally in the Treatment of Digestive Complaints, Haemorrhoids, Liver Problems and Jaundice. An infusion of the bark is sometimes painted over finger nails in the hope that the bitter taste will deter the person from biting their nails.

The Cascara Sagrada does have some Contraindications and should be used with



Caution as when used Excessively can cause Vomiting and Diarrhoea. It should not be Prescribed for Pregnant or Lactating Women, or Patients with Intestinal Obstruction.

The Cashew (*Anacardium Occidentale*):



The Cashew is Indigenous to the Northeast Coast of Brazil, and the People in those Regions had Domesticated the Cashew a long time before the Europeans arrived in around the end of the 15th century. Later, the European Traders as well as Explorers Exported the Cashew from Brazil to India as well as East Africa and it began being Cultivated and Grown in those places.

The Leaves and Bark of this Tree to Cure Tender Gums as well as Toothache. The Juice of Cashew is also used to Treat Hemoptysis (expectoration of Bloody Mucus). The Bark is used to make an Herbal Tea to Cure Asthma, Colds, Influenza, Fevers and Nasal Congestion as well as Impotence. The Tea prepared with the Cashew Leaf is used as a Mouthwash as well as a Gargle for treating Tonsillitis, Mouth Ulcers and Throat Problems. This Tea is also used Topically to Wash Injuries. The Leaf Extracts with Petroleum Ether and Ethanol inhibited Growth of several Species of Bacteria and Fungi.

The Essential Oils of the Cashew must be used with Great Caution, but has been successfully applied to Corns, Warts, Ringworms, Cancerous Ulcers and even Elephantiasis, and has been used in Beauty Culture to remove the Skin of the Face in order to grow a New One. The Essential Oil is also used to Treat Ruptures on the Feet. The Seed's Oil is considered to be Alexeritic as well as Amebicidal (any substance that Kills Ameba) and is used to Cure Malaria, Gingivitis and Syphilitic Ulcers. These Essential Oils also help Cure Colic among Infants

Cashew Nuts has a number of Medicinal Uses and is available in the form of a Tincture. This Tincture is effective for Treating Diabetes, but the Patients need to have Patience before the results are evident. It would take a minimum of Three to Four Weeks before the Favorable Results of Low Blood Sugar are noticed. Nevertheless, Diabetics using this Tincture should measure their Blood Sugar Levels every day to ensure that the combination of the Prescribed Insulin to make sure that it does not Reduce the Blood Sugar Levels too much.

The East Indians Ayurveda Medicine advocates the use of the Cashew for Treating a number of Health

Conditions, including Dysentery, Fever, Leucoderma, Tumours, Ascites, Absence of Appetite and Persistent Ulcers. According to Ayurveda, the Cashew Nut is considered to be an Aphrodisiac and Anthelmintic (any substance capable of eliminating Parasitic Worms) as well as being a Cure for Dysentery .

The Cashew Fruit itself is Edible, and its Juice has been found of service in Uterine Complaints such as Vaginitis and Dropsy. It is also a Powerful Diuretic.

A Decoction prepared with the Astringent Fruit Bark of Cashews is prescribed for People who are experiencing Acute Diarrhea and Thrush.

Cashews are known for being a Remedy for Snake Bites.

The Catmint (*Nepeta Cataria*):



Catmint or Catnip, a wild English Plant belonging to the large family Labiatae, of which the Mints and Deadnettles are also members, is generally distributed throughout the Central and the Southern Counties of England, in Hedgerows, borders of Fields, and on Dry Banks and Waste Ground, especially in Chalky and Gravelly Soil.

Catnip is an invaluable remedy for Respiratory Infections - taken as a Hot Tea it increases Perspiration and effectively brings down Fevers, Cures Hay Fever, Relieves Nausea, and acts as a Decongestant. Catnip should be taken frequently at the first signs of Colds or Flu, and is also helpful in Bronchitis and Asthma, as well as Eruptive Infections such as Chicken-Pox and Measles.

Being Calming and Relaxing it will Relieve Restlessness and Insomnia. Its Relaxant Effect is also felt in the Digestive Tract where it Relieves Tension and Colic, Wind and Pain. As an Enema it is prescribed for Inflammatory Bowel Conditions, Bowel Infections, Constipation and Diarrhea.

Its Juice, when taken with Wine, helps Healing Bruises. Also, the Catmint Juices made into a Topical Ointment also helps in Healing Bruises. The Tannins in Catmint help to Speed Tissue Repair and Staunch Bleeding of Abrasions and Cuts. Catmint also Aid Healing of Burns and Scalds, Piles and Insect

Bites, and Inflammatory Skin Problems.

Catnip's Relaxant Effects are also felt in the Uterus. It can be used to Relieve Period Pains as well as Tension or Stress Prior to a period. It can also be used to Regulate Periods, and for Delayed or Suppressed Menstruation.

Also, you can use it to Wash for your Head if you have Dandruff.

Oils of Catmint, when distilled with a Steam Process, is reputed to be 10 times more affective as Insect Mosquito Repellant than Deet Off by its Aroma let off into the Air. It is not affective when applied to the Skin though.

Of Catnip, Nicholas Culpeper called it "Catmint" and wrote:

"The root is white and woody, and spreads much. It has a strong scent between mint and penny-royal. It is called Catmint, because the cats are very fond of it, especially when a little flaccid and withered, for then they will roll themselves on it, and chew it in their mouths with great pleasure. It is a martial herb, and consists of warming and attenuating parts, somewhat like Penny-royal; and, like that, is of great service in opening obstructions of the womb, and helping the green sickness, as also the suffocation of the womb and vapours. It promotes the birth and cleansing; and by some authors is recommended against barrenness."

Of course, it does have its Most Famous Affect on Domestic House Cats!:



The Cayenne Pepper (*Capsicum Annuum*):



Cayenne or Capsicum derives its name from the Greek, 'To Cite,' in allusion to the Hot Pungent properties of the Fruits and Seeds. Cayenne Pepper was introduced into Britain from India in 1548, and the Great Herbalist Gerard mentioned it as being cultivated in his time. It is a Shrubby Perennial Herbal Plant that is between 2 to 6 feet high.

There is no other Herb which Increases your Blood Flow faster than Cayenne Pepper with no Narcotic effect largely used in hot climates as a condiment. When it comes to what are the 10 Most Important Herbs to have in the Kitchen, Cayenne Pepper should be at the top of the List because it makes the other 9 Herbs work better. It is considered a Thermogenic, meaning it can "Rev Up" Metabolism and aid in Weight Loss.

Cayenne pepper is like TNT. It blasts through all the Blockages to the areas which is sick, taking with it all the Minerals and Vitamins from the foods you Eat. Cayenne pepper is usually labeled 40,000, 60,000, 90,000 or more Heat Units. Generally, the higher the number of Heat Units, the more beneficial. When you have a sick area, there's often a Restriction of Blood Flow to that area. Blood flow is what takes Nutrition and the Healing Properties of Herbs to those Cells. Blood flow is also what carries out and removes Waste Material.

What is going on is that some of Cayenne's Healing Action occurs right in your Mouth. As Cayenne touches your Tongue, the Cayenne absorbs in seconds and Nerve Endings send Signals throughout the body - sending Waves of Fresh Blood throughout your Body.

It is recommended that the Cayenne Powder be used, not in Capsule Form. When you put cayenne in your Mouth, your Stomach Automatically Secretes Digestive Juices before the Cayenne ever gets there. So when the Cayenne gets down there, your Stomach is ready for it.

Cayenne also helps prevent Arteriosclerosis, or Hardening of the Arteries by helping to Reduce Cholesterol. Cultures consuming a large amount of Cayenne Pepper have a Much Lower Rate of Cardiovascular Disease.

Cayenne also helps to Relieve Pain, not only due to its Endorphin Enhancing Properties, but also when Diluted and used Topically it helps to block the transmission of the substances which Transports Pain Messages to the Brain.



Cayenne Pepper is Remedy for Frostbite because they Stimulate Blood Flow to the affected area, thus reducing Inflammation and Discomfort. Sprinkle a little Cayenne Powder into Gloves or Shoes to help stimulate Circulation and keep the Hands and Feet Warm. Cayenne Pepper is also a Good Remedy for Hangovers.

The Chamomile (*Anthemis Nobilis*):



Chamomile is Native to Europe, North Africa, and the Mediterranean Region. Both Single and Double Flowers are used in Medicine. Chamomile is one of the Oldest Favorites amongst Garden Herbs and its Reputation as a Medicinal Plant shows little signs of abatement. The Egyptians had Reverence for its Herbal Benefits, and it was due to their Belief in its Healing Powers that they Dedicated it to their Gods. The Curative Properties of the Chamomile is considered to lay in the Central Disk of Yellow Florets. Its Dried Flowers have been used for Centuries in Herbal Tea, while its Essential Oil has been an Ingredient in Commercial Flavors and Perfumes. Chamomile has a Long History as a Medicinal Herb and a Tea. Chamomile's Medicinal Properties is backed up by Medical Research, and helps a variety of Medical Conditions.

Chamomile Tea is a Popular Herbal Tea appreciated for its Mild, Fruity Flavor and is a Soothing Nervine. Chamomile is also used to Relieve Menstrual Cramps, Arthritis and is an Effective Sedative. Its Sedative Affect is considered a Good Remedy for Chronic Nightmares. It has sometimes been employed in Intermittent Fevers. Chamomile Tea is also good for Treating Indigestion, Ulcers, Flatulence, Colic, Heartburn, Loss of Appetite.

Chamomile Herbal Tea is good for Treating Gout and Periodic Headaches. Chamomile makes a good Appetizing Tonic, especially for Aged Persons. A Tincture is used to help Treat Diarrhea with other Purgatives to prevent Gripping. Chamomile foliage and flower heads have also been used as Antispasmodics and Diaphoretics. Chamomile Tea helps in Lowering the Temperature of the Body during a Persistent Fever and furthermore, the Herbal Tea is also effective against Colds, Flu, Sore Throats, and Persistent Coughs. Herbal Remedies made from the Chamomile are also used in the Treatment of Asthma and to Treat Hay Fever.

Herbal Remedies made from the Chamomile Herbal Tea also helps in Relieving Persistent Nausea and Sickness felt by a Women during the term of her Pregnancy, the Herbal Remedy can also help bring Relaxation from Uterine Spasms and aids in Relieving Painful Periods, it also helps in reducing Painful Menopausal Symptoms. Chamomile Tea is also good for Treating Premenstrual Headaches and Migraines. A type of Topical Chamomile Cream has also been used to Treat Sore Breast Nipples and also used as a Vaginal Douche for the Treatment of all kinds of Vaginal Infections.

Chamomile has been used Externally to Treat Wounds and Inflammations. Chamomile Flowers are used as a Poultice and for External Swellings, Pain or Congested Neuralgia, and will relieve where other Remedies have Failed, proving invaluable for Reducing Swellings of the Face caused through Abscesses. Chamomile is also used Externally as a Topical Remedy against Skin Disorders such as Eczema. Soothing Relief from Cystitis and Hemorrhoids can be had by sitting on a Bowl of Chamomile Herbal Tea.

Of the Chamomile, Nicholas Culpeper wrote:

"A decoction made of Camomile, and drank, taketh away all pains and stitches in the side. The flowers of Camomile beaten, and made up into balls with oil, drive away all sorts of agues, if the part grieved be anointed with that oil, taken from the flowers, from the crown of the head to the sole of the foot, and afterwards laid to sweat in his bed, and that he sweats well. It is profitable for all sorts of agues that come either from phlegm, or melancholy, or from an inflammation of the bowels, being applied when the humours tausing them shall be concocted; and there is nothing more profitable to the sides and region of the liver and spleen than it. The bathing with a decoction of camomile taketh away weariness, easeth pains to what part of the body soever they be applied. It comforteth the sinews that are overstrained, mollifieth all swellings: It moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof, by a wonderful speedy property. It easeth all pains of the cholic and stone, and all pains and torments of the belly, and gently provoketh urine."

The Cedar (Juniperus Virginiana):



Pencil Cedar Leaves were much used Medicinally by the North American Aboriginal, and also in Folk Medicine by the White Settlers, especially to Treat Chest Complaints and Skin Problems. An Injection

of the Tincture into Venereal Warts is said to cause them to Disappear. For Violent Pains the Canadians have used the Cones, Powdered, with four-fifths of Polypody, made into a Poultice and applied with a Cloth over the Skin.

The Leaves and Small Branches are an Anthelmintic, Diuretic, Rubefacient and a Stimulant. A Decoction has been used in the Treatment of Coughs and Colds, General Weakness and as a Medicine for Convalescents. The Leaves are used as an Incense and are also either Burnt or Crushed and then Scattered around as an Insect Repellent.

The Coniferous Berries Fresh Young Twigs are used as an Anthelmintic, Diaphoretic, Diuretic, an Emmenagogue and a Mildly Antiseptic. They have been Chewed as a Treatment for Mouth Cold Sores or made into a Tea to Treat Common Colds, Rheumatism, and expelling Worms.

An Infusion has been used both Internally and as a Steam Bath in the Treatment of Rheumatism.

The Essential Oil of the Berries is used in Aromatherapy. The Essential Oil is composed of Cedar Camphor or Cedrol, it is used in Soaps, as an Insecticide and Moth Repellent, as well as Deodorants, Polishes, and for Perfumery.

The Bark has also been cut into Strips and used to make Mats.

The Cedar Tree does have some Contraindications as its Essential Oil from the Wood is causes Abortions, in some cases it has caused Vomiting, Convulsions, Coma and Death.

Celandine (*Chelidonium Majus*):



It has applications for Skin Problems and Liver Ailments. Perhaps not coincidentally, it has also been blamed for causing Skin Irritation, and Liver Poisoning. This plant is considered Invasive in some areas of North America, but has an interesting limitation: it can only occur in areas that have Ants, as it requires these insects to transport its Seeds.

The whole Plant is Toxic in Moderate Doses as it contains a range of Isoquinoline Alkaloids but there are numerous Therapeutic uses when used at the Correct Dosage.



It was formerly used by Gypsies as a Foot Refresher. Modern Herbalists use its Purgative Properties. In Russia and in other countries it is used as a Herbal Aid in removing Warts, Papillomas and other Skin Malformations. It is also used in the Mole and Wart remover Wart Mole Vanish. It is also applied to Indolent Ulcers, and Fungous Growths.

Greater celandine acts as a Mild Sedative which has been used historically to treat Asthma, Bronchitis, and Whooping Cough. The Herb's Antispasmodic Effect improves bile flow in the Gallbladder and has been reputed to treat Gallstones and Gallbladder Pain. As far back as Pliny the Elder and Dioscorides (1st century CE) this herb has been recognized as a useful Detoxifying Agent. The Root has been Chewed to relieve Toothache

Celandine contains the Alkaloids like Chelidonine and Homo-Chelidonine. Chelidonine and Homo-chelidonine act in a similar way as Morphine, Sedative and Narcotic on the superior nervous centers. At the same time, they also have a slight stimulating Action upon Respiration. Chelidonine is also responsible for Anti-spastic Action that the Herb Triggers. Sanguinarine from Celandine has a stimulating effect on the Medullary Centers.

Celandine Juice is only used Externally. It is a good caustic against Warts. The Juice has been found to be effective in cases of Cataracts, Cornea Spots, or Retinal Bleedings. The Juice is spread out toward the corner of the Eye. The Eyes are kept shut at this time. The same Juice can be used for Weak Sight or Overstressed Eyes. However, its use in Eye Treatment has been discontinued now.

Of Celandine, Nicholas Culpepper wrote:

"This is an Herb of the Sun, & under the Coelestial Lyon, and is one of the best cures for the Eyes that is. Al that know any thing in Astrologie, know as wel as I can tel them, That the Eyes are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries applying to his Trine; let Leo arise, then may you make it into an Oyl or Oyntment which you please to anoint your sore Eyes withal: I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperat sore Eyes have been cured by this only Medicine; And then I pray, is not this farbetter than endangering the Eyes by the art of the Needle? for if this do not absolutly take away the Film, it wil so facilitate the work that it may be don wihout danger."

The Celery (Apium Graveolens):



The Celery, which belongs to the Famous Herbal Parsley Family of Plants, was initially grown on the Humid Grounds of Europe and Asia. With the start of the 19th century, Celery began to be Grown in United States.



Nowadays Celery is more commonly used in Foods, due to the Richness of its Taste. Celery keeps its Therapeutic properties the best when it is consumed raw. In medicine, Celery has been used as far back as Ancient Greece when it was highly valued for its properties as an Aphrodisiac as well as its Medicinal Properties.

Chinese Medicine recommended Celery to be used as a Medicine to Treat High Blood Pressure due to its stabilizing components. It is also useful in Stomach Illnesses, Rheumatism, Obesity and Diseases of the Bladder. Either used as a Snack or as Medicine, Celery Detoxifies the Body, Stimulates the Nervous System and Mineralizes the Body. It is also used in the Treatment of problems like Flatulence and Indigestion. Celery has Diuretic Properties which are useful in Renal Afflictions and Heart Disorders.

Diets based on Celery have Energizing and Fortifying Effects on the Body due to the reduction of the Stress Hormone and Decreasing of the Heart Rate. Celery also has Hypoglycemic Properties, which means it can be used in Treating Sugary Diabetes. Celery is also an Expectorant, effective against Asthma and Bronchitis. It also helps to adjust Hormonal Dysfunctions.

A Decoction, taken in Small Quantities and is efficient against Rheumatism, Cough and Hoarseness. A more concentrated Decoction of Celery has a Diuretic and Purifying Effect, Treating Slow Digestions, and Gout. Celery Juice is excellent in Allergies, Stomach Disorders, Eliminating Toxins, Stimulating Digestion and Food Appetite, and adjusting Sexual Functions.

Of Celery, Nicholas Culpeper wrote:

"The root operates by urine, and is good in fits of the stone or gravel, and in obstructions of the viscera. A strong decoction of them is the most effectual preparation. The seeds are of a warm carminative nature: they disperse wind in the stomach and bowels, and operate more powerfully by urine than any other part of the plant. As this plant abounds in a pungent nitrous salt, it is therefore detersive and diuretic, and may with success be administered in decoctions with water, infused in wine or malt liquors."

Celery does have some Contraindications as can bring about Allergic Reactions such as Contact Dermatitis. Celery contains Compounds in the Stems and Seeds that can induce Photo Dermatitis in a person. Celery should also not be consumed by Pregnant Women as it may have adverse affects on Pregnancy.

The Centaury (Erythraea Centaurium):



Centaury is a Small Erect Herb that is Native to North Africa, Europe and Western Asia. This Annual Herb has also been Naturalized in North America. The Herb has a Square Stem that grows to a Height

of 15 cm to 30 cm Branching Significantly near the Top. The Stem Emerges from a Clump of Small and Broad Leaves having an Oval Shape. The early Celtic Druids believed that Centaury brought Good Luck, while the Herbal Medicine Practitioners in Scotland often prescribed the use of the Herb to Heal Snake Bites as well as other Venoms. It is interesting to note that during the Middle Ages People were of the view that Centaury was a Supernatural Herb that helped in Driving Evil Spirits Away.

One of the most useful Bitter Herbs, Centaury Strengthens Digestive Function, especially within the Stomach. By Increasing Stomach Secretions it hastens the Breakdown of Food, it also Stimulates the Appetite and Increases Bile Production. The Plant needs to be take over a Number of Weeks and an Infusion should be Slowly Sipped so that the Components can Stimulate Reflex Activity throughout the Upper Digestive Tract. The Whole plant is Harvested when in Flower and can be Dried for later use.

The Whole Herb is an Appetizer, Aromatic, Bitter, Cholagogue, and a Diaphoretic. It is also a Digestive, Emetic, a Weak Febrifuge, Hepatic, Stomachic and Tonic. It acts on the Liver and Kidneys, Purifies the Blood and is an Excellent Tonic for the Digestive System. The Herb formed the basis of the once famous Portland Powder, which was said to be a specific for Gout.

Externally, the Fresh Green Herb is said to be a Good Application to Wounds and Sores. It is often used in combination with other Herbs.

The Plant is used in Bach Flower Remedies with the keywords for prescribing it are "Weak Willed", "Too Easily Influenced" and "Willing Servitors".

A Homeopathic Remedy is made from the Plant which is used in the Treatment of Liver and Gall Bladder Ailments.

A long-lasting bright yellowish-green dye is obtained from the flowers.

Of the Centaury, Nicholas Culpeper wrote:

"it helps those that have the dropsy, or the green-sickness, being much used by the Italians in powder for that purpose. It kills worms ... as is found by experience.... A dram of the powder taken in wine, is a wonderful good help against the biting and poison of an adder. The juice of the herb with a little honey put to it, is good to clear the eyes from dimness, mists and clouds that offend or hinder sight. It is singularly good both for green and fresh wounds, as also for old ulcers and sores, to close up the one and cleanse the other, and perfectly to cure them both, although they are hollow or fistulous; the green herb, especially, being bruised and laid thereto. The decoction thereof dropped into the ears, cleanses them from worms . . . and takes away all freckles, spots, and marks in the skin, being washed with it."

The Chervil (*Anthriscus Cerefolium*):



This Plant is Indigenous to the Southern Regions of Russia, the Caucasus and possibly the Middle East. The Young Leaves of this Herb may be used in Salads, Soups, Seafood, Stews, and Egg Preparations as well as in Béchamel and Ravigote Sauces.

While Chervil was never Employed Extensively in the form of a Remedial Herb, it was definitely employed in Folk Herbal Medicine in the form of an Aromatic, Stomachic, Carminative, Common Stimulant, Tonic or an Expectorant. Useful in Coughs and Flatulence, this Herb was also used to Cure Eczema, Lower Blood Pressure and Alleviate Stomach Disorders. Occasionally, Chervil is used in the form of a Spring Tonic to Purify the Kidneys and Liver.

The Chervil Leaves Harvested just before Flowering, are Crushed and Employed in the form of a Poultice to Speed Up Healing of Wounds that generally take a Long Time to Cure, while a Warm Poultice prepared from the Crushed Leaves of the Herb is applied to ease Excruciating Joints.

The Roots are Antiseptic, and a Decoction is used for the Bites of Vipers and Mad Dogs. The Distilled Water is said to be Diuretic, and Helpful in Pleurisy, and the Essence to be Aphrodisiac.

An Infusion of Fresh Chervil Leaves is Employed in the form of Eyewash to Cure Tender or Inflamed Eyes.

The Balsam and Ointment of Chervil Cures Green Wounds, Stinking Ulcers, and ease the Pain of Gout.

The Juice extracted from the Herb is used to Treat Arthritis, Edema and Persistent Skin Problems.

Chervil is known to be valuable in the Treatment of Poor Memory as well as Mental Depression.

It is also known for having High Content of Calcium.

Of the Chervil, Nicholas Culpeper Wrote:

"The garden chervil being eaten, doth moderately warm the stomach, and is a certain remedy (saith Tragus) to dissolve congealed or clotted blood in the body, or that which is clotted by bruises, falls. The juice or distilled water thereof being drank, and the bruised leaves laid to the place, being taken

either in meat or drink, it is good to help to provoke urine, or expel the stone in the kidneys, to send down women's courses, and to help the pleurisy and pricking of the sides. The wild chervil bruised and applied, dissolveth swellings in any part, or the marks of congealed blood by bruises or blows in a little space."

The Chaste Tree (*Vitex Agnus-Castus*):



This Large Shrub with Beautiful Blue-Violet Flowers that Bloom during the Summer Months can grow up to Twenty-Two Feet in Height, and is considered to be Native to the Southern Europe and to the Mediterranean. This Tree grows mostly on Riverbanks, although today it can be grown in a Simple Garden, which is what most Americans do. The Chaste Tree was Believed to keep its owner Chaste, with his Sexual Passions under check, according to Ancient Romans and Greeks, and it was also assumed that the Chaste Tree was Capable of Warding Off Evil.

The Chaste Tree has been used for Thousands of Years for its Beneficial Affect on the Female Hormonal System. The Seeds are used to Restore Balance to the Female Reproductive System. The Chaste Tree Seeds and Fruits are an Anaphrodisiac, Aphrodisiac, Galactagogue, and an Ophthalmic. It is also a Sedative, Stomachic, good for Treating Women's Complaints.

Unfortunately, the Berries are unlikely to be produced in the British Climate. The Berries of this Plant have a range of Medicinal Actions but possibly the Most Important is its Ability to Rectify Hormonal Imbalances caused by an Excess of



Estrogen and an Insufficiency of Progesterone. It acts upon the Pituitary Gland, reducing the production of certain Hormones and Increasing the Production of other Hormones. Thus Chaste Tree Berries has a Wide Application of uses in Malfunctions of the Feminine Reproductive System and has been used with Great Effect in Restoring Absent Menstruation, Regulating Heavy Periods, Restoring Fertility when this is caused by Hormonal Imbalance, Relieving Pre-Menstrual Tension and easing the change of the Menopause. Among the several symptoms of PMS That Chaste Tree Berries are good for Treating are Bloating, Tenderness, Breast Swelling, Irritability, and Depression. The Fresh Berries are Pounded to a Pulp and used in the form of a Tincture for the Relief of Paralysis, Pains in the Limbs, Weakness.

A Herbal Tea made from the Chaste Tree Seeds can help bring Relief from Fevers and Headaches and it can also help Stimulate Perspiration. This Herbal Tea is also known to Promote the Flow of Breast Milk in New Mothers. The Chaste Tree Seeds can also be taken to Cure Flatulence Diarrhea, Dropsy and Spleen Diseases.

Both the Seeds and the Leaves were also Considered Effective against the Bites of Snakes and Spiders. In case of Snake Bites, Chaste Tree Leaves are mixed in Wine or in a Mixture of Water and Vinegar.

The Chaste Tree does have a Contraindication as there is some Caution is Advised since Excessive Doses can cause a Nervous Disorder known as Formication, which Manifests as a Sensation of Insects Crawling over the Skin.

The Chickweed (Stellaria Media):



The Herbal Plant known as the Chickweed is a Very Fragile Appearing Herb. It is actually a Very Lusty Annual Plant Characterized by the presence of Matted to Straight Green Stems Growing in Profusion over Vast Areas of Land. The Chickweed is an Extraordinarily Hardy Herb, and the Normal Growing starts during the Fall Season, it is Very Capable of Enduring Harsh Sleet and Severe Snowstorms during the Winter Months, and has been found to be growing even in the Far Northern Areas of the Continent. Chickweed is Best Harvested between May and July, it can be used Fresh or be Dried and Stored for later use.

The Chickweed is so Hardy that it has been known to be Resistant to the Majority of Weed Herbicides used in Agriculture. The Production of Seeds is usually over by the Spring, even though the Plant itself is known to begin Blooming even when the Ground is still Covered by Snow. Chickweed has a Very Long History of Herbal use, being Particularly Beneficial in the External Treatment of any kind of Itching Skin Condition. It has been known to Soothe Severe Itchiness even where all other Remedies have Failed.

The Whole Plant is an Astringent, Carminative, Demulcent, and a Diuretic. Expectorant, Laxative, Refrigerant, and a Vulnerary. When taken Internally it is useful in the Treatment of Chest Complaints and in Small Quantities it also Aids Digestion.

It can be Applied as a Poultice and will relieve any kind of Roseola and is effective wherever there are Fragile Superficial Veins. The Poultice of Chickweed enclosed in Muslin is a sure remedy for a Carbuncle or an External Abscess. The Water in which the Chickweed is Boiled to make the Poultice can also be used to Bathe the Afflicted Parts. As a Detoxification Agent and Blood Purifying Herb, the Remedies made from the Chickweed Poultice are Equal to other Herbs. The same Treatment can also be very successful in problems such as Carbuncles, various types of External Boils, all types of Venereal Diseases, in the Treatment of Herpes Sores, to Treat Swelling in the Testicles and the Inflamed Breasts of Affected Women.

A Decoction of the Whole Plant is taken Internally as a Post-Partum Depurative, Emmenagogue, Galactagogue and Circulatory Tonic. It is also believed to Relieve Constipation and be Beneficial in the Treatment of Kidney Complaints. The Decoction is also used Externally to Treat Wounds, Sores and Skin Ulcers. Chickweed can easily help in Soothing and Alleviating the Affected Skin. External Disorders such as Eczema, Varicose Veins, and Stinging Nettle Rash.

An Infusion of the Fresh or Dried Herb can be added to the Bath Water and its Emollient Property will help to Reduce Inflammation in Rheumatism and Encourages Tissue Repair.

The Chickweed Chopped and Boiled in Lard makes a Fine Green Cooling Ointment, good for Piles and Sores, and Cutaneous Diseases. It has also been Employed as an Application for Ophthalmia. This Ointment has the Ability to Reduce Scarring when Utilized in many Herbal Skin Medications.

The Juice of the Plant can be used as an Eyewash and has Vitamin C in it as it helps to Cure Scurvy.

The Chickweed Leaves can be added to Salads whilst the Cooked Leaves can Scarcely be Distinguished from Spring Spinach.

Of the Chickweed, Nicholas Culpeper wrote:

"It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for meat only. The herb bruised, or the juice applied, with cloths or sponges dipped therein to the region of the liver, and as they dry to have fresh applied, doth wonderfully temper the heat of the liver and is effectual for all impostumes and swellings whatsoever; for all redness in the face, wheals, pushes, itch or scabs, the juice being either simply used, or boiled in hog's grease; the juice or distilled water is of good use for all heat and redness in the eyes ... as also into the ears.... It helpeth the sinews when they are shrunk by cramps or otherwise, and extends and makes them pliable again, by using the following methods, viz.: Boil a handful of Chickweed and a handful of dried red-rose leaves, but not

distilled, in a quart of muscadine, until a fourth part be consumed; then put to them a pint of oil of trotters, or sheep's feet, let them boil a good while, still stirring them well, which being strained, anoint the grieved part therewith warm against the fire, rubbing it well with your hand, and bind also some of the herb, if you choose, to the place, and with God's blessing it will help in three times dressing."

Chickweed does have a few Contraindications as in Excessive Doses of Chickweed can cause Diarrhoea and Vomiting. It should not be used Medicinally by Pregnant Women.

The Chives (*Allium Schoenoprasum*)



The Chive is the Smallest, though one of the Finest-flavoured of the Onion Tribe, belonging to the Botanical Group of Plants that goes under the name of *Allium*, which includes also the Garlic, Leek and Shallot. Though said to be a Native of Britain, it is only Very Rarely Found Growing in an Uncultivated State, and then only in the Northern and Western Counties of England and Wales and in Oxfordshire. It Grows in Rocky Pastures throughout Temperate and Northern Europe. It has been discovered that Chives also contain Rich amounts of Vitamin A and Vitamin C, a Tinge of Sulfur and are loaded with Iron and Calcium.

This *Allium* Species possesses a number of Therapeutic Attributes that are akin to the Medicinal Properties of Garlic, but comparatively Less Potent. In fact, Chives are not very extensively used for Therapeutic purposes, as their Medicinal Properties are Very Mild compared to those of Garlic.

It is said that Consumption of Chives is Beneficial for the Circulatory System. In addition, Chives also possess Gentle Antiseptic, Diuretic, and Stimulant Properties. It has also been proved that including *Allium Schoenoprasum* in a Balanced Diet helps to reduce the Blood Cholesterol Levels.

Chives may possibly also aid in Combating Cancer, as this Species encloses several Antioxidants that assist in Eliminating the Harmful Free Radicals and, at the same time, put off the Growth of Tumours and Cancerous Cells.

Herbalists in China use Chives to Treat Exhaustion as well as to Control Bleeding. The Leaves of this Plant may also be used Topically to Wounds, Cuts and Body areas affected by Insect Bites.

The Seeds of Chives are used to Treat Various Health Problems, especially those associated with Kidney, Liver and Digestive Problems.

Of Chives, Nicholas Culpeper wrote:

"they send up very hurtful vapours to the brain, causing troublesome sleep, and spoiling the eye-sight, yet of them, prepared by the art of the alchymist, may be made an excellent remedy for the stoppage

of the urine."

So according to Culpeper, eating too much Chives can cause you to have Insomnia.

The Chrysanthemum (*Chrysanthemum Morifolium*):



The Chrysanthemum is Japan's National Flower, is one of the most important Herbs in Traditional Japanese Medicine. The Wild Chrysanthemum is a Sprawling, Leafy Plant with Clusters of Daisy like Flowers at its Crown. it has been found that Wild Chrysanthemum is thought to be more useful Medicinally than the Cultivated Variety. The Flowers are Harvested when Fully Open in the Autumn and are Dried for later use. In China they are Steamed before being Dried to make them Less Bitter.

Taken Internally they Dilate the Coronary Artery, thus increasing the Flow of Blood to the Heart, and so are used in the Treatment of Hypertension, Coronary Heart Diseases and Angina. Herbal Remedies made from Chrysanthemum helps to Treat Reddened or Sore Eyes. This is supposed to be really good for relieving Strained Eyes from Intense use of the Eyes. This is done by taking Warmed Flower Heads and putting them over Closed Eyelids.

Herbal Teas are good for Reducing Temperatures from Fevers and Detoxifying the Body in general. Drinking its Herbal Tea is good for helping alleviate Symptoms of High Blood Pressure. These Remedies also help bring Soothing Relief from a Dry Mouth or Dryness in the Throat, and are an Aid in Treating Bad Breath in people.



Chrysanthemum also Treats Headaches accompanying Infection, Carbuncles, and Vertigo. The Herbal Teas are an Antibacterial, Antifungal, Anti-Inflammatory, Carminative, Depurative, Diaphoretic, Febrifuge, Ophthalmic, Refrigerant and Sedative.

A Poultice made from Chrysanthemum makes a Good Antiseptic for Treating Acne, Boils, and Sores on the Skin. It is because of it being useful for that that Leaf Juice is Smeared onto Wounds.

The Flower Heads or Petals are Parboiled and served as a Salad with Tofu and seasoned with Vinegar or Soya Sauce. They can also be prepared as Tempura, Pickled, Dried or added to Soups.

The Cinnamon (Cinnamomum Verum/ Cinnamomum Aromaticum):



In Ancient Rome, Cinnamon was considered more precious than Gold and Silver and that Nero burned a 12 month supply of Cinnamon as a sacrifice to his wife who had passed away (knowing the Romans, she was probably Poisoned for political advantage of some sort). Egyptians used Cinnamon in their Embalming Mixtures and Moses combined it with other Spices and Olive Oil to anoint the Tabernacle. The name of Cinnamon is comes from the Greek word for "Sweet Wood" and is the Inner Bark of the Cinnamon Tree, which is a member of Laurel Family of Trees and Bushes. There are two main varieties of Cinnamon. There is the Cinnamomum Verum (True or Ceylon Cinnamon) which comes from India and Cinnamomum Aromaticum (Cassia) which is from China, Indonesia and Vietnam.

Used by Dioscorides and Galen for its various Medicinal Properties, it is used to alleviate Indigestion, Stomach Cramps, Intestinal Spasms, Nausea, Flatulence, Improve Appetite and to treat Diarrhea. It is good for treating Rheumatism and is a mild Anti-inflammatory, Anti-Spasmodic and Anti-Clotting due to its Cinnamaldehyde Enzyme. Cinnamon extracts are active against Candida Albicans, which is the Fungus responsible for Vaginal Yeast Infections and also good for treating Helicobacter Pylori, the bacterium responsible for Stomach Ulcers.

Cinnamon is used in Korea and China for treating people with Diabetes as it seems to help keep Blood Sugars down as compounds made from Cinnamon help to enhance Insulin Receptor Function and increase Glucose Uptake. Higher Dosage Levels produced more rapid improvements but the larger amounts did not improve the overall effectiveness over time. In another trial, 22 Adults with

Prediabetes were given 500 mg of a Water-Soluble Cinnamon Extract daily for 12 weeks. Without any changes in Diet or Physical Activity, the majority of people experienced about a 10 percent drop in Fasting Blood Sugar, without Blood Lipid Changes.

Cinnamon is useful as a Food Preservative as it seems to inhibit the growth of Food Poisoning Bacteria that causes Salmonella and E coli. Cinnamon is used as a Flavoring Agent in Soft Drinks, Herbal Teas, Bakery Products and Breakfast Granola Cereals.

There have been reports of Contact Sensitivity to Cinnamon Oil and Bark, and to Cinnamaldehyde in Tooth Paste and Perfumes. In addition, Lip Swelling and Oral Lesions are reported among frequent users of Cinnamon-Flavored Chewing Gums.

Cinnamon, when used in Powder Form or a Decoction, is a Stimulant and is useful for relieving Flatulence and as a Diuretic. Cinnamon helps to prevent Nervous Tension, improves Complexion and Memory. Cinnamon Powder mixed with Honey helps with this when taken regularly every night before going to bed.

Honey has been used to help Treat Heart Disease by making a paste of Honey and Cinnamon Powder then spread on Bread and fed to the Patient. This helps to reduce the Cholesterol in the Arteries and helps the Patient recover from their Heart Disease Affliction.

There are also other Medicinal Benefits of mixing Honey with Cinnamon. To help Treat Arthritis, take one part Honey to two parts of Lukewarm Water and add a Small Teaspoon of Cinnamon Powder, make a Paste of it and Massage it on the Aching Part of the Body Slowly. It is noticed that the Pain Recedes within a minute or two.

Arthritis patients may take Daily, Morning and Night, One cup of Hot Water with two spoons of Honey and one small teaspoon of Cinnamon Powder. If taken regularly, the Pain of even Chronic Arthritis can be Reduced.

Those suffering from Hair Loss or Baldness, may try applying a Paste of Hot Olive Oil, one tablespoon of Honey, one teaspoon of Cinnamon Powder before Bath and keep it for approx. 15 min.

For Bladder Infections, take two tablespoons of Cinnamon Powder and one teaspoon of Honey in a glass of Lukewarm Water and drink it. It destroys the Germs in the Bladder.

Also, when boiled with Honey and Black Pepper, helps one to get over the Common Cold, Influenza, Sore Throat and even Malaria.

Applying a Paste of Finely Powdered Cinnamon mixed with Water and applied to the Temples and Forehead is good for Curing Headaches. Also Pastes of Powdered Cinnamon and mixed with a few drops of Lime Juice can help prevent Achne when applied over Pimples and Blackheads.

It has been known to be a Natural Birth-Control as it has been used as a Natural Birth-Control. It has the remarkable effect of checking the early release of Ova after Child-birth. A piece of Cinnamon taken every night for a month after Child-Birth delays Menstruation for more than 15 to 20 months thus preventing early conception.

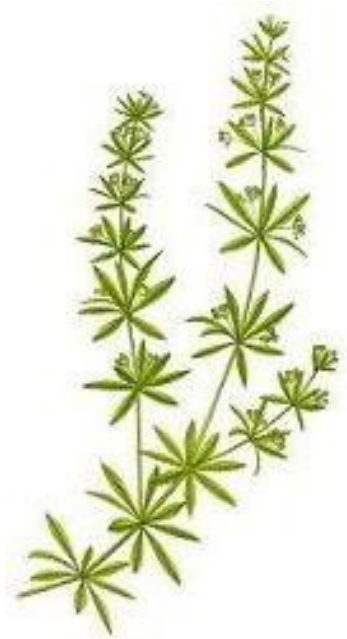
Chinese Herbalists tell of older people, in their 70s and 80s, developing a Cough accompanied by frequent Spitting of Whitish Phlegm. A helpful remedy, they suggest, is chewing and swallowing a very Small Pinch of Powdered Cinnamon. This remedy can also help people with Cold Feet and Hands, especially at night.

The Essential Oil of this Herb is a Potent Antibacterial, Anti-fungal, and Uterine Stimulant. The various

Terpenoids found in the Volatile Oil are believed to account for Cinnamon's Medicinal Effects. Test Tube Studies also show that Cinnamon can augment the action of Insulin.

Cinnamon can be Toxic in Large Doses, a regular use of substantial amounts of Ground Cinnamon may be Unsafe. Pregnant Women are advised to avoid taking Cinnamon Oil or Large Doses of the Bark, since High Doses can induce Abortion.

The Cleavers (Galium Aparine):



Cleavers is an Annual Plant found in moist or Grassy Places and along River Banks and Fences and is edible and medicinal, it has been used for centuries as an Alternative Medicine by Indigenous Peoples on many Continents around the World. The plant contains Organic Acids, Flavonoids, Tannins, Fatty Acids, Glycoside Asperuloside, Gallotannic Acid and Citric Acid. It has a Mild Laxative Effect and stimulates the Lymphatic system and has shown benefit in Skin Related Problems. A Slender Taproot produces the Weak, Square, Procumbent or Climbing, Prickly Stem that grows 2-6 feet in length. The Rough, Oblong-Lanceo-Late-To-Aimost-Linear Leaves occur in Whorls of 6 to 8 around the Stem. The Small, White or Greenish-White Flowers appear from May to September. The Plant exudes a strong, Honey-like Odor and is best gathered in July. It is of the Natural Order Rubiaceae, the Cleavers comprises upwards of 3,000 species. Many of these are of the Highest Utility to Humanity, both as Food and Medicine, among them the former the Coffee-Tree, *Coffea Arabica*. Most of the Plant's Name is connected with the Clinging Nature of the Herb. Some of its local names are of very old origin, being derived from the Anglo-Saxon 'Hedge Rife,' meaning a Taxgatherer or Robber, from its habit of plucking the Sheep as they pass near a Hedge. The old Greeks gave it the name Philanthron, from its habit of Clinging.

The Seeds of Cleavers form one of the Best Substitutes for Coffee; they require simply to be Dried and slightly Roasted over a Fire, and so prepared, have much the Flavour of Coffee. They have been so used in Sweden. The Whole Plant gives a Decoction Equal to Tea.

It is recorded in the Dioscorides that the Greek Shepherds of his day employed the Stems of this Herb to make a rough Sieve, and it is rather remarkable that Linnaeus reported the same use being made of it in Sweden as a Filter to Strain Milk. The plant is Inodorous, but has a Bitterish and somewhat Astringent Taste.

It is Employed both in England and elsewhere, as a Purifier of Blood, the Tops being used as an Ingredient in Rural Spring Drinks. It is used to treat Scurvy, Scrofula, Psoriasis and Skin Diseases and is a rather powerful Diuretic which aids in elimination of Wastes, and also acts to enhance the Lymphatic System, promoting Lymphatic Drainage of Toxins and Wastes so that they can be excreted via the Urinary System. Cleavers is also a Wonderful

Cleansing remedy, clearing Toxins from the system that causes Heat and Inflammation. These actions combine to make Cleavers excellent for Urinary Infections, Urinary Stones and Gravel, Arthritis and Gout.

The Dried Plant is often infused in Hot Water and Drunk as a Tea. This Infusion, either Hot or Cold, is taken frequently and is most soothing effect in cases of Insomnia, and induces quiet, restful Sleep.

Cleavers has Cooling Properties resolving Eruptive Infections such as Measles and Chickenpox. Its Bitter Properties stimulate the Liver and enhance Digestion and Absorption.

Cleavers has a Special Curative Reputation to Cancerous Growths and an Ointment being made from Cleavers Leaves and Stems wherewith to dress the Ulcerated Parts, with the Cleaver Juice being used internally at the same time. Cleavers Ointment was also used to treat Scalds and Burns in the Fourteenth Century. A Wash made from Cleavers is said to be useful for Sunburn and is applied to the Face by means of a Soft Cloth or Sponge. The Wash makes an Excellent Facial Wash as it Tightens the Skin. For those with the Customary Wrinkles and Sags that come with Age, this might be an Herb to consider. Crushed Cleaver Herb is applied in France as a Poultice to Sores, Eczema Acne and Blisters. It has been written that Cleavers is a Marvelous Remedy for the bites of Snakes, Spiders and all Venomous Creatures.

Of Cleavers, Nicholas Culpeper wrote:

"The Juyce of the Leavs, or they a little bruise and applied to any bleeding wound, stayeth the Bleeding. The Juyce is also very good to close up the Lips of green Wounds; and the Pouder of the dried Herb strewed therupon doth the same, and likewise helpeth old Ulcers: Being boyled with Hogs Greas, it healeth al sorts of hard Swellings or Kernels in the Throat, being anointed therewith. The Juyce dropped into the Ears taketh away the pains of them."

The Roots will Dye Red, and if eaten by Birds will tinge their Bones. The Expressed Recommended Doses of Cleavers Juice is 3 ounces twice a day and care should be taken that it is not given where the subject may have Diabetes.

## The Cloves (Eugenia Caryophyllata):





The Association of the Clove with Human Society is Old Indeed. The Ancient Chinese Han dynasty - lasting from 207 B.C. to A.D. 220, gives us our First Clue to the uses of the Fragrant Clove. The clove is a Pungent and Aromatic Floral Bud, and its use as a Spice reached Europe around the 4th century A.D., when Commercial Trading really started with the Arabs who in turn acquired these Dried and Fragrant Buds from the Cultures to the SE Asia. The Spice Trade leading to Great Competition among European Seafaring Nations would also include Trade in Cloves. Two Major Naval European Powers in the 17th and 18th centuries, the Dutch and the Portuguese were involved in a long tussle over Competition for Cloves. This Trade War was one of the many that would be fought by different Europeans Colonizers Involving Spices.

Cloves are the immature unopened Flower Buds of a Tropical Tree. When fresh, they are Pink. When Dried, they turn to a Rust-Brown Colour. They resemble Small Nails, with a Tapered Stem. The large end of the Clove is a Four-Pointed Flower Bud. Cloves can easily overpower a Dish. Whole cloves are often used to "Stud" Hams and Pork, pushing the tapered end into the Meat like a Nail. Folklore says that Sucking on Two Whole Cloves without Chewing or Swallowing them helps to Curb the desire for Alcohol. Traditional Chinese Physicians have long used Cloves to Treat Indigestion, Diarrhea, Hernia, and Ringworm, as well as Athlete's Foot and other Fungal Infections. India's Traditional Ayurvedic Healers have used Cloves since Ancient Times to Treat Respiratory and Digestive Ailments.

The Medieval German Herbalists used Cloves as part of Anti-Gout Mixture. Early American Eclectic Physicians used Cloves to treat Digestive Complaints, and they added it to Bitter Herbal Medicines to make them more palatable. They were also the first to Extract Clove Oil from the Herbal Buds, which they used on the gums to relieve Toothache. A few drops of the Oil in Water will stop Vomiting, and an Infusion will relieve Nausea. Essential Oil of Clove is effective against Strep Throat, and kill Intestinal Parasites.

Cloves have a positive effect on Stomach Ulcers, Vomiting, Flatulence, and to stimulate the Digestive System. It has powerful local Antiseptic and Mild Anesthetic Actions. Japanese researchers have discovered that like many Spices, Clove contains Antioxidants. Antioxidants help prevent the Cell Damage that Scientists believe eventually causes Cancer.

Clove Herbal Tea is a Cure for problems such as Nausea and as an Aid to eliminating excess Gas in the Stomach and the Intestines. Some types of Viral Infections can be Treated by the Clove's Antiseptic Ability. Thus in Tropical Areas of Asia the Clove is used extensively as a Remedy for Treating a Water Borne Disease such as Cholera and Insect Borne Diseases such as Malaria. Cloves are used in the

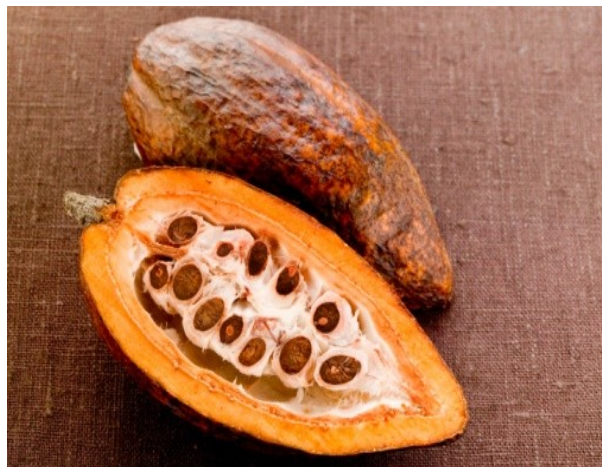
Treatment of Tuberculosis, as well as in ridding the Body of External Disease caused by Parasites such as Scabies.

Disorders such as Diarrhea and a Hernia are treated in the Chinese System of Medicine by giving the Patient Clove Essential Oil. All Pathogenic Fungi and other troublesome Fungal Infections such as Athlete's Foot can be treated using the Tincture of Clove Oil, which is strongly Fungicidal.

The Stimulating Property of the Cloves has made it Famous as an Aphrodisiac. The Clove is believed to Aid in Stimulating the Body as well as the mind by boosting a Flagging Memory. In some Asian Cultures, Women about to go into Labor are sometimes given the Cloves to prepare them for the Rigors and Physical demands of a Child Birth, it is believed that the Uterine Muscle Contractions during Labor are Strengthened and Stimulated by the Cloves.

Cloves have a Potent Odor and is a Very Good Insecticide, Repelling both Mosquitoes and other Insects such as Moths. In the Moluccas, a Natural Insect Repellent is Traditionally made by Studding the Skin of Oranges with Cloves.

The Cocoa Plant (Theobroma Cacao):





The first time I ever came to know of Cocoa Beans as being Medicinal is a passage from Erich Maria Remarque's "All Quiet On The Western Front". In Chapter 10, Paul and his companions go to a Belgium Village that was being used as a Supply Depot and is being Shelled. They find two Young Sucking Pigs, which they Slaughter and Roast. After eating the Dinner with the Roasted Sucking Pigs, they had too much Fat and ended up having Loose Bowels. On page #156, it states:  
 "For ourselves we take some Chocolate from the depot and eat it in slabs. Kat says it is good for loose bowels."

The Mayans and Aztecs learned very early on the Hydrating Properties of Cocoa Butter, a substance obtained after several steps of processing. This Balm became a staple item of their Pharmacopoeia, used for Healing Burns and Chapped Skin, easing Sunburn, treating the Liver and Lungs, and as a preventative against Snake Bite. Since Cacao contains Fat, Sugars, Carbohydrates and Protein, it has Historically been used as Energy Food from its High Energy Content.

Cocoa is derived from Theobroma Cacao Beans, which literally means "Food of the Gods". Chocolate is probably one of our most complicated foods containing over 300 compounds. There are literally thousands of Chemical Compounds in an Ordinary Chocolate Bar, which is realized by the Grinding and Roasting the Cocoa Beans including: Protein, Fat, Carbohydrates, Fiber, Iron, Zinc, Copper, Calcium and Magnesium. Magnesium helps to Build Strong Bones and is a Muscle Relaxant associated with feelings of Calmness. Cacao is also high in Sulfur, which helps form Strong Nails and Hair.

Norman Hollenberg, MD, PhD, Professor of Medicine at Harvard Medical School, presented epidemiological findings that suggest Flavanol-Rich Foods, such as specific Cocoas, could provide an unexpectedly large benefit in the management of the two most common causes of death in today's World: Cardiovascular disease and Cancer.

Hollenberg studied two populations of Kuna Indians. The indigenous Kuna Indians living on a chain of Islands near Panama still Drink Large Quantities of a Homemade, Flavanols-Rich Cocoa every day. In contrast, the Kuna Indians who migrated from the Islands and live in and around Panama City consume little Cocoa, and the Cocoa they do consume is Commercially Processed and relatively low in Flavanols.

In data obtained from Death Certificates, Hollenberg found that the Kuna Indians living on the Islands had significantly lower rates of Heart Disease and Cancer. The relative risk of Death from Heart Disease on the Panama mainland was 1,280 percent higher than on the Islands, and death from cancer was 630 percent higher. Working with Cocoa Scientists from Mars Incorporated, they were able to demonstrate in model systems that certain Cocoa Flavanols have the potential to Inhibit Biochemical Pathways that can cause Inflammation.

Flavanols, a phytonutrient found in plant foods like Cocoa, Tea, Wine, Nuts and certain Fruits and Vegetables, have been linked to Numerous Health Benefits. Flavanols represent a sub-class of a group of Natural Compounds called Flavonoids which are widely distributed in Plants. Scientists have identified several Cocoa Flavanols, including Epicatechin, Catechin, and their Oligomeric forms. A growing body of Evidence indicates that Flavanols, found naturally in Unprocessed Cocoa and to varying degrees in processed cocoa products, may be linked to a range of Circulatory Health Benefits.

Specifically, research indicates that cocoa flavanols may help:

- Improve blood vessel function and increase blood flow
- Reduce tendency of blood clots to form
- Reduce blood pressure in people with mild hypertension
- Increase blood flow to the brain, which could have important implications for learning and memory

Cocoa has Theobromine which has a similar effect to that of Caffeine. It stimulates the Muscles, Heart, and Kidneys. In fact, it can relieve Congestion during Colds by simply opening the Bronchial Passages in the Lungs. Oil of Theobroma or Cocoa Butter or Cocoa Butter; a Yellowish White Solid with Odor of Cocoa useful in cosmetic ointments, for Coating Pills, and preparing Suppositories.

Studies have shown that we crave or seek Comfort from Chocolate during Emotionally Stressful Situations, and that Eating it goes hand-in-hand with a Poor Body Image and Negative Feelings.

Cocoa contains what is called "Good Cholesterol" and does not Harm the Body. It also helps to prevent Kidney Stones. In my research, I did find a reference to it being Good for the Bowels, but I could not find Documentation showing it to being Good for Loose Bowels.

The Coffee Bean (*Coffea Arabica*):



I do know from its affects on me after Drinking it that it is a Diuretic as well as a Stimulant from the amount of Caffeine it has in it.

It acts directly upon the Heart, increases the frequency of the Pulse, and sustains the Strength under prolonged and severe Muscular Exertion. It is an Antisoporific, and is useful in Narcotic Poisoning. Fresh Roasted Coffee, freshly ground, is also a valuable Disinfectant, and may be most advantageously used in a Sick Room ; by sprinkling some on a Chafing Dish, foul and noxious Exhalations are almost immediately Neutralized or Dispelled. It is a well-known fact that those



engaged in the Roasting of Coffee are less liable to incur Disease in times of Epidemic.

It is also on record, that during a virulent outbreak of Smallpox in the East End of London, there was not a single case in any of the Small Houses that abutted upon a Large Coffee-Roasting Establishment, though there were many cases in the Adjoining Streets. The Medical Officer of Health attributed this immunity solely to the Fumes of the Roasting penetrating through the Open Windows of the Factory to the Surrounding Houses.

It was discovered in 1906 that the Husk of Coffee was of great utility in the treatment of Malaria it sometimes succeeded where Quinine had failed. An Infusion was made of Crushed Coffee with the Husk, and was Boiled for 5 minutes, strained and taken in one day in six doses. With this medicine Five Patients were Successfully Treated, of whom 3 Suffered respectively from intermittent Malarial Fever, Chronic Malarial Fever, and Pernicious Fever, and 2 suffered from Enteric Colic or Chronic Dysentery of Malarial Origin. Before taking this Infusion, the Patients had all been declared Fatal Cases, given up by well-known Doctors of good repute. With this Infusion not One Patient Died, and a Cure resulted in every instance. They went on to use this and Hundreds of Patients were Cured.

An Eminent Vienna Oculist in the last century has held that the Vapour from pure, hot, freshly-made Coffee is beneficial to the Eyes. It has also been said that it is a Remarkable Remedy for Rheumatism and Gout when Drank.

In the Chinese Medical-Dietary System, the Green Bean of Coffee would be classified as an Herb that regulates Liver Qi, which is its therapeutic route to Strong Energy Stimulation.

The Bright Red Berry that encases the Coffee Bean signifies this herb as a Treatment for the Heart. Coffee has the effect of opening the Orifices, it thus has the action of Stimulating and Focusing Mental Activity.

An Active Brain Stimulant, which produces Sleeplessness, hence its great value in Narcotic Poisoning; in Acute Cases is injected into the Rectum. Very valuable in cases of Snake-Bite, helping to ward off the Terrible Coma.

It does Contradictions that if sufficient amounts is consumed, it can be Harmful. Like everything else, no doubt, coffee may be taken to excess. The amount of Caffeine contained in 3 lbs., if Extracted and taken Pure, would be sufficient to Kill a Person. I even read somewhere that if someone is prone to Irritable Bowel Syndrome, that Drinking too much Coffee can cause IBS to be Aggravated.

The Coltsfoot (Tussilago Farfara):



An Effective Demulcent and Expectorant Herb, Coltsfoot is one of the Most Popular European Remedies for the Treatment of a wide range of Chest Complaints. It is widely available in Health Food Shops. Coltsfoot grows abundantly throughout England, especially along the sides of Railway Banks and in Waste Places, on poor stiff soils, growing as well in Wet Ground as in Dry Situations. It has Long-Stalked, Hoof-Shaped Leaves, about 4 inches across, with Angular Teeth on the Margins.

The Leaves are commonly used in Europe, though the Flowering Stems (which contain higher levels of Pyrrolizidine Alkaloids) are preferred in China. The Leaves are Harvested in June and early July, the Flowers are Harvested when Fully Open and the Root is Harvested in the Autumn. All can be Dried and used as required. They are rich in Mucilage and are the Main Parts used, though the Root is also sometimes employed. Pyrrolizidine Alkaloids have a toxic effect upon the Liver, but are Largely destroyed when the Plant is Boiled to make a Decoction.

The plant is Antitussive, Astringent, Demulcent, Emollient, Expectorant, Stimulant and Tonic. It is widely used in the Treatment of Coughs and Respiratory Problems and is often Candied so that it can be Sucked as a Sweet. The Plant is of particular use in the treatment of Chronic emphysema and Silicosis, helping to relieve the Persistent Cough associated with these conditions. Modern Research has shown that Extracts of the Whole Plant can Increase Immune Resistance. In a Chinese trial 75% of Patients suffering from Bronchial Asthma showed some improvement after Treatment with this Plant, though the Anti-asthmatic effect was Short-lived. Coltsfoot is Particularly Effective when used in combination with Liquorice, Thyme, and Wild Cherry. Inhaling the Vapors from Coltsfoot Leaves placed in a Pan of Simmering Water is again without Value.

The Smoking of the Leaves for a Cough has the recommendation of Dioscorides, Galen, Pliny, Boyle, and other Great Authorities, both Ancient and Modern. The Leaves are the basis of the British Herb Tobacco, in which Coltsfoot predominates, the other ingredients being Buckbean, Eyebright, Betony, Rosemary, Thyme, Lavender, and Chamomile flowers. This also helps to Relieve Asthma and also the Difficult Breathing of Old Bronchitis.

A Poultice of the Flowers has a soothing effect on a range of Skin Disorders including Eczema, Ulcers, Sores, Bites and Inflammations.

A Bitter, Tonic and Diaphoretic preparation can be obtained from the Root.

Of Coltsfoot, Nicholas Culpeper wrote:

"The fresh leaves, or juice, or syrup thereof, is good for a bad dry cough, or wheezing and shortness of breath. The dry leaves are best for those who have their rheums and distillations upon their lungs causing a cough: for which also the dried leaves taken as tobacco, or the root is very good. The distilled water hereof simply or with elder-flowers or nightshade is a singularly good remedy against all agues, to drink 2 OZ. at a time and apply cloths wet therein to the head and stomach, which also does much good being applied to any hot swellings or inflammations. It helpeth St. Anthony's fire (erysypelas) and burnings, and is singular good to take away wheals."

Some Caution should be employed in the use of this Remedy - the Flowers should not be used except under Professional Supervision, the Leaves should not be used for more than 4 - 6 weeks at a time, the Herb should not be taken whilst Pregnant or Breast-Feeding and it should not be given to children under the age of six.

Also, a Scientific Study carried out in Japan revealed some rather disturbing information about Coltsfoot. The Investigators analyzed Dried Young Flowers because they are the parts widely used as an Herbal Remedy in Japan. They found the Hepatotoxic (poisonous to the liver) Pyrrolizidine Alkaloid Senkirkine to be present in relatively small amounts (0.015 percent). When Rats were fed Diets containing various amounts of Coltsfoot, those which received High Concentrations (greater than 4 percent) developed Cancerous Tumors of the Liver. The Scientists concluded that "it is evident that the Young, Pre-Blooming Flowers of Coltsfoot are Carcinogenic, showing a High Incidence of Hemangioendothelial Sarcoma of the Liver (8/12, 66.6 percent)".

The Comfrey Root (*Symphytum Officinale*):



The Common Comfrey grows abundantly in England, but is rare in Scotland and the Tuberous Comfrey is common in Scotland, but is rarely found in England, the Northern Counties of England and North Wales being its extreme Southern Limit, so that except in the narrow zone of Country common to both, there will be no possibility of mistaking the one Species for the other.

First, you take the Root, scrub and clean it and chop it into slices like a Carrot. You put the Root Slices into a Paper Bag along with the Leaves and hang them up in a Warm Dry Place for about a Week. A Decoction is made from that and is a Demulcent, is Mildly Astringent and Expectorant. As the Plant abounds in mucilage, it is frequently given whenever a mucilaginous medicine is required and has been used like Marshmallow for intestinal troubles. It is very similar in its emollient action to Marshmallow. Comfrey Decoction is a good gentle remedy in cases of Diarrhea and Dysentery.

Decoctions of Comfrey is also used in Herbal Baths Creams and Ointments made from Comfrey that is good for being applied over Skin and is good for a Treatment of a Wounded Limb and that will Diffuse into the Flesh and help Speed the Healing. Comfrey Leaves are of much value as an External Remedy for Sprains, Swellings and Bruises, and as a Poultice for Severe Cuts, draws Pus out of Boils and Abscesses, Gangrenous Tissues and Ill-Conditioned Ulcers. The Whole Plant can be beaten to make a Hot Plaster Poultice has always been deemed excellent for Soothing Pain in any Tender, Inflamed or Badly Infected Part. It is useful in any kind of Inflammatory Swelling. Comfrey is has been used for reducing the Swollen Tissues surrounding Fractures, and even helps the Broken Bones to Heal Faster.

Comfrey Roots Demulcent Action has long been used to help Treat Breathing Problems and also for Quinsy and Whooping-Cough. The Root is more effectual than the Leaves and is the part usually used in cases of Coughs. It is very good for all Pulmonary Complaints, Consumption and Bleeding. A Strong Decoction, or Tea, is recommended in cases of Internal Hemorrhage, whether from the Lungs, Stomach, Bowels or for Bleeding Piles.

Of the Comfrey, Nicholas Culpeper wrote:

"The great Comfrey restrains spitting of blood. The root boiled in water or wine and the decoction drank, heals inward hurts, bruises, wounds and ulcers of the lungs, and causes the phlegm that

oppresses him to be easily spit forth.... A syrup made there of is very effectual in inward hurts, and the distilled water for the same purpose also, and for outward wounds or sores in the fleshy or sinewy parts of the body, and to abate the fits of agues and to allay the sharpness of humours. A decoction of the leaves is good for those purposes, but not so effectual as the roots. The roots being outwardly applied cure fresh wounds or cuts immediately, being bruised and laid thereto; and is specially good for ruptures and broken bones, so powerful to consolidate and knit together that if they be boiled with dissevered pieces of flesh in a pot, it will join them together again. The roots of Comfrey taken fresh, beaten small and spread upon leather and laid upon any place troubled with the gout presently gives ease: and applied in the same manner it eases pained joints and tends to heal running ulcers, gangrenes, mortifications, for which it hath by often experience been found helpful."

Coriander (*Coriandrum Sativum*):



It is believed to have originated in the Mediterranean area, and in Southwest Europe. Some believe its use began as far back as 5,000 BC, and there is evidence of its use by the Egyptians. In the Bible, Exodus, chapter 16, verse 31, it says that: "And the house of Israel called the name there of Manna: and it was like Coriander Seed, White; and the taste of it was like Wafers made with Honey". Coriander was brought to the United States of America in 1670 and was one of the first Spices cultivated by Early Settlers.

It is an Annual, with erect Stems, 1 to 3 feet high, slender and branched. The Lowest Leaves are stalked and pinnate, the Leaflets roundish or oval, slightly lobed. The segments of the Uppermost Leaves are linear and more divided. The Flowers are in shortly-stalked umbels, five to ten rays, pale mauve, almost white, delicately pretty. The Seed Clusters are very symmetrical and the Seeds fall as soon as ripe. The Plant is bright green, shining, glabrous and intensely fetid.

The leaves are also known as its Spanish Name as "Cilantro", Dhania in the East Indian. It is also known as Chinese parsley or Mexican parsley. The fresh leaves are an essential ingredient in many Asian Chutneys and Mexican Salsas and Guacamole. Chopped Coriander Leaves are also used as a Garnish on Cooked Dishes, but should never themselves be cooked as Heat destroys their Delicate Flavor quickly.



The Seeds are known as Coriander Seeds and have a Lemon Citrus Flavor when crushed. It is also described as Warm, Nutty, Spicy, and Orange-Flavoured. They are usually Dried but can be eaten Green. Ground Coriander Seed is a Major Ingredient in Curry Powder, certain Belgian Style Beers and other Aromatic Dishes.

It is a Stimulant, Aromatic and a Carminative. The Powdered Fruit, Fluid Extract and Oil are chiefly used Medicinally as Flavouring to disguise the taste of Active Purgatives and correct their griping tendencies. It is an ingredient of the following compound preparations of the Pharmacopoeia: Confection, Syrup and Tincture of Senna, and Tincture and Syrup of Rhubarb, and enters also into compounds with Angelica Gentian, Jalap, Quassia and Lavender. As a Corrigent to Senna, it is considered superior to other Aromatics. It is because of its Aromatic properties that Coriander Seed Oil is used in the Pharmaceutical Industry to mask the unpleasant taste of various Medicines.

In Asian Folk Medicine, Coriander has been used to treat Stomach Problems, Nausea, Fevers, Measles, Colds, and Hernias. In Western folk medicine, Coriander was used primarily for Digestive and Gastric Complaints. Coriander Water was formerly much esteemed as a Carminative for Windy Colic.

Coriander is rich in minerals and vitamins A, B, and C. Because it contains next to no calories, it's a favorite herb of dieters. If used too freely the Seeds can become a Narcotic. Some people may experience Dermatitis after handling the leaves of Coriander or from coming in contact with the Oil from the Seeds.

The Corn (Zea Mayz):



As well as being a Nutritious Vegetable, the Maize Corn Plant does have Medicinal Herbal Properties. A Decoction of the Leaves and Roots is used in the Treatment of Strangury, Dysuria and Gravel. The Silks are Harvested before Pollination Occurs and are best used when Fresh because they tend to Lose their Diuretic Effect when Stored and also become Purgative.

The Corn Kernels is Diuretic and a Mild Stimulant. It is a Good Emollient Poultice for Skin Ulcers, Swellings and Rheumatic Pains, and is widely used in the Treatment of Cancer, Tumours and Warts. It contains the Cell-Proliferant and Wound-Healing Substance Allantoin, which is widely used in Herbal Medicine to speed the Healing Process. A simple Poultice made from Corn Meal was used for the Topical Treatment of Bruises, Swellings on the Body, Various Sores, Boils, Nicks, Cuts, Itchiness and all types of Topical Problems on the Skin.

The Corn Silks are Cholagogue, Demulcent, Diuretic, Mildly Stimulant and Vasodilator. They also act to Reduce Blood Sugar Levels and so are used in the Treatment of Diabetes Mellitus as well as Cystitis, Gonorrhea, Arthritis and Gout. The Corn Silks of this Plant has been also used as an Effective Remedy for the Treatment of Acute Inflammation and Chronic Physical Irritation present in the Urino-Genital System of Patients; these include problems including Urethritis and cases of Prostatitis in men. Bladder Infections and Urinary Tract Infection in Children are disorders which especially Benefit from Treatment using the Corn Silk. The Corn Silk has been also Effectively Used in the Removal of Urinary Stones and accumulated Gravel in the Urinary Tract, it is also used Extensively to Treat Incontinence and sudden Bedwetting by the Patient. The Corn Silk also acts locally on Prostate Disorders which give rise to an Inability to Pass Urine Properly. Corn silk is also used in the China to Treat Problems such as Internal Fluid Retention and Jaundice.

A Decoction of the Cob is used in the Treatment of Nose Bleeds and Menorrhagia.

The Maize Corn Plant is said to have Anticancer Properties and is Experimentally Hypoglycemic and Hypotensive.

The Couch Grass (*Agropyron Repens*):



The Couch Grass is a Robustly Growing Perennial Plant that often Grows to a Height of 80 cm. This Species of Grass has an Elongated and Crawling Tubular Root, while the Leaves are Thin. The Plant Bears Green Flowers that are Lined Up in Two Rows of Straight Barbs. They are Harvested in the Spring and can be Dried for later use.

Couch Grass is of Considerable Value as a Herbal Medicine, the Roots being very useful in the

Treatment of a Wide Range of Kidney, Liver and Urinary Disorders. They have a Gentle Remedial Effect which is Well-Tolerated by the Body and has no Side-Effects.

The Roots are an Antiphlogistic, Aperient, Demulcent, Diuretic. It is also a Good Emollient, Lithontriptic and Tonic. A Tea made from the Roots is used in cases of Urinary Incompetence and as a Worm Expellant. It is also an Effective Treatment for Urinary Tract Infections such as Cystitis and Urethritis. It both protects the Urinary Tubules against Infections and Irritants, and Increases the volume of Urine. The Infusion of Couch Grass Roots is used in Cystitis and Catarrhal Diseases of the Bladder. It gives Relief in Cases of Gravel. It is also Recommended in Gout and Rheumatism.

The Juice Extracted from the Couch Grass Roots is used to Heal Jaundice and Additional Disorders of the Liver.

Taking a Decoction prepared with Couch Grass over a period of Time has been found to be effective in Healing Expanded Prostate Glands as well as Prostatitis.

Externally, the Herbal Tea of Couch Grass is applied as a Wash to Swollen limbs. Also when Externally Applied a Hot and Wet Pack of Heated Seeds of Couch Grass on the Abdomen to Alleviate Peptic Ulcers.

Of the Couch Grass, Nicholas Culpeper wrote:

"The roots of it act powerfully by urine; they should be dried and powdered, for the decoction by water is too strong for tender stomachs, therefore should be sparingly used when given that way to children to destroy the worms. The way of use is to bruise the roots, and having well boiled them in white wine, drink the decoction; it is opening, not purging, very safe: it is a remedy against all diseases coming of stopping, and such are half those that are incident to the body of man; and although a gardener be of another opinion, yet a physician holds half an acre of them to be worth five acres of carrots twice told over."

The Cowslip (*Primula Veris*):



The Cowslip Herb is a Perennial Herb with Oblong Oval Finely Hairy Leaves forming a Basal Rosette, European Cowslip has pleasantly Sweet Smelling Yellow Flowers marked with Orange Dots. The Flowers Grow in a Hanging Cluster atop an unbranched Leafless Flower Stalk. Cowslips are an Underused but Valuable Medicinal Herb. They have a Very Long History of Medicinal Use. The Cowslip

are Harvested in the Spring and can be used Fresh or Dried for later use. It's Root can be Dried and Crushed into a Powder then used as a Sternutatory.

Cowslip have been Employed in Treating Conditions Involving Spasms, Cramps, Paralysis and Rheumatic Pains. The Cowslip Herbal Plant have Salicylates which are the Main Ingredient of Aspirin and have Anodyne, Anti-Inflammatory and Febrifuge Effects.

The Flowers and the Leaves are an anodyne, Diaphoretic, Diuretic and an Expectorant. The Yellow Corolla of the Flower is Antispasmodic, Painkiller, and Sedative. They are Recommended for Treating Over-Activity and Sleeplessness, especially in Children. The Flowers and Leaves are Potentially Valuable in the Treatment of Asthma and other Allergic Conditions. Cowslip Flowers Strengthen the Nerves and the Brain, and Relieving Restlessness and Insomnia.

The Cowslip Root are Strongly Expectorant, stimulating a more Liquid Mucous and so easing the Clearance of Phlegm . The Root is also Mildly Diuretic, Antirheumatic and Slows the Clotting of Blood. It is used in the Treatment of Chronic Coughs, Flu and other Febrile Conditions. The Root can be Harvested in the Spring or Autumn and is Dried for later use.

At one time an Essential Oil was produced by Maceration of the Cowslip Flowers and this Oil helps to Treat Bruising.

A Homeopathic remedy is made from the Plant. It is used in the Treatment of Kidney Complaints and Catarrh.

Of the Cowslip, Nicholas Culpeper wrote:

"Our city dames know well enough the ointment or distilled water of it adds beauty, or at least restores it when it is lost. The flowers are held to be more effectual than the leaves, and the roots of little use. An ointment being made with them, taketh away spots and wrinkles of the skin, sun-burning, and freckles, and adds beauty exceedingly; they remedy all infirmities of the head coming of heat and wind, as vertigo, ephialtes, false apparitions, phrenzies, falling-sickness, palsies, convulsions, cramps, and pain in the nerves; the roots ease pains in the back and bladder, and open the passage of urine. The leaves are good in wounds, and the flowers take away trembling. If the flowers be not well dried and kept in a warm place, they will soon putrify and look green; have a special eye over them. If you let them see the sun ounce a month, it will do them no harm."

The Cowslip does have a Small Contraindication as this Remedy should not be taken by Pregnant Women, and People who are Sensitive to Aspirin, or those taking Anti-Coagulant Drugs such as Warfarin. Some people are Allergic to the Stamens of this Plant's Flower.

The Crampbark (*Viburnum Opulus*):



The Crampbark Bush is Native to both North America and Europe. The Crampbark has been known in North America as a Sedative for Nervous Conditions and an Antispasmodic in the Treatment of Asthma. As its Name Implies, the Herb's Primary Medicinal use is to relieve Cramps.

Crampbark is a Powerful Antispasmodic and is much used in the Treatment of Asthma, Cramps and other conditions such as Colic or Painful Menstruation. It is also used as a Sedative Remedy for Nervous conditions. The Bark is an Antispasmodic, Astringent and Sedative. The Bark is Harvested in the Autumn before the Leaves change Colour, or in the Spring before the Leaf Buds open. It is Dried for later use.

The Bark has a Sedative Affect on the Uterus. A Tea is used Internally to Relieve all types of Spasms, including Menstrual Cramps, Spasms after Childbirth and when a Miscarriage is Threatened. It is also used in the Treatment of Nervous Complaints and Debility. The Leaves and Fruits are an Antiscorbutic, Emetic and Laxative.

For Night Cramps and Back Pain, Lobelia is often mixed with Crampbark. The Crampbark Bush Herb also Relieves Constipation, Colic, and Irritable Bowel Syndrome.

In some cases of Arthritis, where Joint Weakness and Pain have caused Muscles to Contract until they are almost Rigid, Crampbark can bring Remarkable Relief.

Crampbark is commonly used in Treatments for High Blood Pressure and other Circulatory Conditions.

A Homeopathic Remedy is made from the Fresh Bark. It is also used in the Treatment of Menstrual Pain and Spasms after Childbirth.

The Dried Crampbark Tincture is also used to alleviate Painful Menstrual Cramps.

A Red Dye is obtained from the Fruit. An Ink can be made from the Dried Berries. Plants can be grown



as a Tall Hedge, they are rather bare in Winter though. The Wood can be used to make Shish Kebob Food Skewers.

This Herb does have a few Contraindications as Eating Large Quantities of the Fruit can cause Vomiting and Diarrhoea. The Fruit is of Very Low or Zero Toxicity, it only causes Mild Upsets when Eaten Unripe or in Large Quantities.

The Cranberry (*Vaccinium Macrocarpon*):



Many Varieties of Cranberries are Cultivated Extensively in Natural or Artificial Bogs throughout the United States, but especially in Massachusetts and Washington. Cranberry Fruits have long been valued for their pleasant Acidulous Flavor and have become a mainstay in Sauces, Relishes, and Jellies that are especially favored at Thanksgiving time.

The Native Americans (the Cranberry is therefore Native to North America) used Cranberries in Poultices for treating Wounds. They also used Cranberry Leaves for Treating Diarrhea and Urinary disorders. The article also states that Sailors during Colonial days used Cranberries to prevent Scurvy, so it must have some Vitamin C in it.

The Natural Acids of the Cranberry helps to kill Bacteria in the Urinary Tract and is very helpful in preventing Urinary Tract Infections of the Bladder and Urethra. However, there seems to be Evidence which suggests that Cranberry is not as effective against Bacteria once they have attached to Cells in the Urinary Tract. For this reason, cranberry is more effective at Preventing UTIs than Treating them. Instead, UTIs should be treated with conventional antibiotics.

Cranberry juice is also effective in reducing Urinary Odors in Bedridden Geriatric Patients who have Urinary Infections and are Incontinent. Nursing Home Personnel have Observed a Decrease in Urine Odor in Geriatric Wards of Nursing Homes following the Regular Drinking of Two Glasses of Cranberry Juice by the Patients. In addition, Patients Complained Less about a Burning Sensation when they Urinated.

Studies also suggest that Cranberries may help prevent Bacteria from adhering to Gums and around the Teeth, helping to prevent Cavities. Researchers caution, however, that Cranberry Juice is often High in Sugar and should not be used for Oral Hygiene.

Cranberry Juice may also prevent the Formation of certain types of Kidney Stones. A Glass or Two of Cranberry Juice every day for One to Two Weeks will increase the Acidity of the Urine and Decrease the Risk of a Kidney Stone Forming.

I also found a Reference that Early Settlers from England learned to use the Berry both Raw and Cooked for a number of Ailments including Appetite Loss, Digestive Problems, Blood Disorders, as well as the aforementioned Scurvy.

Studies suggests that Cranberry may also prevent the Bacteria *Helicobacter Pylori*, which causes Ulcers, from attaching to Stomach Walls. So it seems that Cranberry Sauce can help to Prevent Ulcers.

The Antioxidants found in Cranberry may protect from Heart Disease by lowering Cholesterol, relaxing Blood Vessels, and preventing Plaque from building up in Arteries.

In some Studies, Cranberry appears to inhibit the growth of Cancer Cells, so it may help to Prevent Cancer.

The Cranesbill (*Geranium Maculatum*):



An Herbal Remedy that Settlers picked up from North American Aborigines, Cranesbill proved to be both Effective and Harmless. The Chippewas used the Dried and Powdered Rhizome, or Underground Stem, on Sores inside the Mouth, especially of Children. The Whole Plant, but especially the Root, is an Antiseptic, Highly Astringent, Diuretic, Styptic and a Tonic. The Roots can be Harvested in the Autumn then Dried and Stored. It is best to Harvest the Roots as the Plant comes into Flower since it is then at its Most Active Medicinally. The Leaves are Harvested as the Plant comes into Flower and are Dried for later use.

An Infusion of the Whole Plant, or of the Roots Alone, is used in the Treatment of Diarrhoea, Dysentery, Irritable Bowel Syndrome, Cholera, and Kidney complaints. It is also good for helping

Bleeding and a Wide Range of other Ailments. It is often used in Combination with other Herbs. Cranesbill may also be used to Treat Heavy Menstrual Bleeding and Excessive Vaginal Discharge.

Externally, it is applied to Purulent Wounds, Hemorrhoids, Thrush, Vaginal Discharges and Mouth Ulcers.

It does have other uses as a Brown Dye is obtained from the Flowers.

Creeping Buttercup (*Ranunculus Repens*):



Creeping Buttercup is not very edible although Boiling it will make it somewhat edible in a Survival Situation. Its Sap is Toxic and Acidic. The Whole Plant, and especially the Sap, is an Anodyne, Antispasmodic, Diaphoretic, and a Rubefacient. The Sap can cause you Minor Blister Burns of the skin. Creeping Buttercup possesses the property of Inflaming and Blistering the Skin, particularly the Roots and have been applied for that purpose, especially to the joints, in Gout. The Leaves have been used to produce Blisters on the Wrists to help treat Rheumatism, and when infused in Boiling water, as a Poulitice, at the pit of the Stomach. As a matter of a fact, European Panhandlers sometimes used to use it to make Open Sores for the purpose of exciting Sympathy.

The Juice, if applied to the Nostrils, provokes Sneezing and Cures certain cases of Headache. The Root has been placed in a Tooth Cavity to act as a Painkiller. A Decoction of the Plant has been used in the treatment of some Venereal Diseases.

But using Creeping Buttercup as an Remedy should be done with Caution due to its Toxicity and Acidic qualities.

The Cumin (*Cuminum Cyminum*):



Cumin was one of the Commonest Spice of European Growth in the Middle Ages. It is a Small Annual Herbaceous Plant which was Indigenous to Upper Egypt and was Cultivated in Arabia, India, China, and in the Countries Bordering on the Mediterranean. Its Stem is Slender and Branched, rarely exceeding 1 foot in Height and somewhat Angular. The Leaves are Divided into Long Narrow Segments like Fennel, but much Smaller and are of a Deep Green Colour. The Upper Leaves are nearly Stalkless, but the Lower Ones have Longer Leaf-Stalks. The Flowers are Small, Rose-Coloured or White, and Bloom in June and July, then turn into the Cumin Seeds which is used Medicinally. Cumin is seldom used in Western Herbal Medicine, having been Superseded by Caraway which has similar properties but a more Pleasant Flavour.

Cumin is an Aromatic, Astringent Herb that Benefits the Digestive System and Acts as a Stimulant to the Sexual Organs. It has been used in the Treatment of Minor Digestive Ailments, Chest Conditions and Coughs, as a Pain Killer and to Treat Rotten Teeth. It is still widely used in India where it is said to promote the Assimilation of other Herbs, the Treatment of Insomnia, Colds and Fevers and to Improve Milk Production in Nursing Mothers and to Improve Liver Function. The Cumin Seed was once used formerly as an Herbal Remedy for Treating Colic and Dyspeptic Headaches.

The Seed is an Antispasmodic, Carminative, Galactagogue, Stimulant and a Stomachic. It is a General Tonic to the Whole Digestive System, it is used in the

Treatment of Flatulence and Bloating, Reducing Intestinal Gas and Relaxing the Gut as a whole.

Ground into a Powder, the Cumin Seed is then mixed into a Paste with Onion Juice, it has been applied to Scorpion Stings. The Cumin Herb has been used Externally as a Poultice to relieve Stitch and Pains in the Side.

The Essential Oil obtained from the Seed is an Antibacterial and Larvicidal.

The Curry Tree (*Murraya Koenigii*):



The Curry Tree is a Tropical to Sub-Tropical Tree which is Native to India. The Name itself in Tamil is pronounced as 'Kariveppilai' which is the Literal Translation of 'Curry Leaves'. The Leaves are Highly Aromatic. The Flowers are Small, White, and Fragrant. The Small Black Shiny Berries are Edible, but their Seeds are Poisonous.

The Leaves of *Murraya Koenigii* are also used as a Herb in East Indian Medicine. Their Properties include much value as an Anti-diabetic, Antioxidant, Antimicrobial, Anti-Inflammatory, Hepatoprotective, and an Anti-Hypercholesterolemic. Curry Leaves are also known to be good for the Hair, for keeping it Healthy and Long. Curry Leaf Spice is also High in Iron.

The Leaves, Bark and Roots of the Curry Tree can be used as Tonic and Stomachic. The Bark and Roots are used as a Stimulant. It is also used Externally to Cure



Eruptions and the Bites of Poisonous Animals. The Green Leaves Eaten Raw to Cure Dysentery, and the Infusion of the Leaves stops Vomiting. The Essential Oil of the Curry Tree has showed Strong Antibacterial and Antifungal Activity.

The Damiana (*Turnera Diffusa* Aphrodisiaca):



Damiana was a Traditional Aphrodisiac of the Mayan People in Central America. It continues to be Considered Valuable as an Aphrodisiac and General Tonic, and its Stimulant Tonic Action makes it a Valuable Remedy for those suffering from Mild Depression. The Whole Plant is a Bitter, Pungent, Warming Herb with a Fig-like Flavour. The Plants are Harvested when in Flower and are Dried for later use.

It is used Internally to Treat Nervous Exhaustion, Anxiety, Depression, and Debility in Convalescence. Damiana's Aphrodisiacal Properties makes it good for Impotence, Premature Ejaculation, Prostate complaints. It is also good for Ailments concerning the Reproductive Systems such as Urinary Infections, Vaginal Discharge, Painful Menstruation, Menopausal Problems. It is also good for Treating Poor Appetite, Indigestion, and Constipation.

The Damiana Leaves can be Smoked like Tobacco, the use of any of these derivatives will induce a Relaxed State of Mind in the Individual using them. The Herb will also induce a subtle kind of High Tinged with Sexual Overtones, and the effect is a Little Reminiscent of the Effects Induced by Smoking Cannabis Marijuana. It has been known to Cure Migraines as well.

Its use Improves the Digestion, Lifts the Spirits, Calms the Nerves, Regulates Hormonal Activity, stimulates the Genito-Urinary Tract and Rejuvenates Kidney Energy. Damiana is also a Mild Purgative and Diuretic.

Damiana Herb is also used specifically for the Treatment of Persistent Headaches which are connected to Menstruation in Women.

The Dandelion Root (*Taraxacum Officinale*):



Dandelion Root and Leaves are an excellent nutritive and a valuable source of Sodium, Minerals (especially potassium), large amounts of vitamins A, C and D, B-Vitamins and trace elements. The Roots are sometimes used as a Healthy Coffee Substitute or as an addition to coffee. In fact, some claim that it acts as an antidote to any of Coffee's possible Detrimental Effects on the Body and may be especially helpful in cases of Dyspepsia.

Its Principle Herbal Function of Dandelion is to care for the Liver. It does this by promoting the formation of Bile and by removing excess Water from the Body in cases of severe Water Retention resulting from Liver Problems. Dandelion is said to be helpful when used in the first stages of Cirrhosis of the Liver. While Influencing the Liver, Dandelion Purifies the Blood thereby assisting with conditions such as Acne, Itchy Scaly Rashes, and Eczema.

Leaves are rich in Potassium. They are used as an effective Diuretic, often used for solving problems that cause Fluid Retention and Pre-Menstrual Bloating. It is also a useful Digestive Tonic. It also has Anti-Inflammatory Properties.

Potassium-Rich Dandelion is said to help promote Healthy Heart Function. The Potassium works with Sodium to regulate the Body's Water Balance and normalize Heart Rhythms. Dandelion may Lower Cholesterol and High Blood Pressure. As a Blood Purifier, Dandelion Leaf is considered an Excellent

Tonic that Cleanses Poisons from the Body.

For Constipation, Dandelion Leaf is considered a Mild Laxative that stimulates the Bowel and is also said to ease the discomforts caused by Inflammation of the Bowel. Dandelion passes undigested to the Large Intestine and stimulates the growth of Gut Micro-Flora known as Bifidobacteria or Lactobacilli. These Bacteria may crowd out Pathogenic Bacteria and provide Disease Resistance in the Bowel. It is used for problems in the Digestive Organs and is said to relieve Acute Stomachaches.

It is also said to promote a Healthy Gallbladder, Pancreas and Spleen Function. Dandelion Root and Leaves are known for keeping the Internal Organs clean and clear. Herbalists treat Kidney Ailments with Dandelion.

For treating Nagging Toxic Conditions, including Gout, Joint Inflammations, Chronic Arthritis, Chronic Rheumatism, Swelling and Stiff Joints, Dandelion Root is said to be ideal, because it Flushes Toxins from the system, rids the body of excess water and salt and is believed to reduce Uric Acid. Dandelion may help reduce Stiffness and Increase Mobility in situations of Chronic Degenerative Joint Disease.

Of the Dandelion, Nicholas Culpeper wrote:

"It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall and spleen, and the diseases that arise from them, as the jaundice, and hypochondriac; it openeth the passages of the urine both in young and old; powerfully cleanseth imposthumes and inward ulcers in the urinary passages, and by its drying and temperate quality doth afterwards heal them; for which purpose the decoction of the roots or leaves in white wine, or the leaves chopped as pot-herbs, with a few alisanders, and boiled in their broth, are very effectual. And whoever is drawing towards a consumption, or an evil disposition of the whole body, called cachexia, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure rest and sleep to bodies distempered by the heat of ague-fits, or otherwise. The distilled water is effectual to drink in pestilential fevers, and to wash the sores."

The Devil's Claw (*Harpagophytum Procumbens*):



At about October 2005, I had Rheumatism so Bad that I was Posting onto the Internet Requests for Advice on what kinds of Herbs can Help Me. Several People advised me to try Devil's Claw, so I went and got Devil's Claw from the local Herbology Shop "Galloways". Within a Half Hour of taking my First

Dose, the Rheumatic Pain almost Totally Disappeared. It also helped my Chronic Heartburn!

Native to southern Africa, Devil's Claw is a shrub that has Lush Foliage and Red Flowers. For thousands of years, the Khoisan peoples of Madagascar and the Kalahari Desert have used Devil's Claw Root in remedies to treat Pain. Headaches, Allergies, Fevers and complications of Pregnancy and in Topical Ointments to Heal Sores, Boils, and other Skin Problems.

Today, Devil's Claw is used for Degenerative Joint Diseases such as Arthritis, Rheumatism, Low Back Pain, Knee and Hip Pain, Gout, Bursitis, Tendonitis, Muscle Aches, and as an Appetite Stimulant and Digestive Tonic. It has been found that taking Devil's Claw for several months substantially reduces Pain and improves physical functioning in people with Osteoarthritis.

Devil's Claw Dried Roots have been used to Restore Appetite, relieve Heartburn, and reduce Inflammation. Devil's Claw has been used to reduce Persistent Fevers. The Herbal Remedies made from the Devil's Claw has also seen widespread use in the form of an Ointment to treat Sores, various types of Ulcers, and Boils on the Skin

Devil's Claw is also claimed to be beneficial for treating diseases of the Liver, Kidneys, Gallbladder and the Bladder and British Herbologists recognizes Devil's Claw as having Analgesic, Sedative and Diuretic Properties. It is also used in the treatment of various Allergies, and disorders such as long term Arteriosclerosis,

Devil's claw is Nontoxic and Safe, with virtually No Side Effects if taken at the Recommended Therapeutic Dose for short periods of time. However, High Doses can cause Mild Gastrointestinal Problems in some Individuals, and it is not clear whether Devil's Claw becomes Toxic if taken for longer periods of time. Devil's Claw may interact with a Blood-Thinning Medications, such as Warfarin and cause Bruising or Bleeding Disorders. For this reason, Individuals taking Warfarin or other Blood-Thinners should not use Devil's Claw without first talking to a Health Care Provider.

The Dill (*Peucedanum Graveolens*):



The Familiar Culinary Plant known as the Dill is an Annual Aromatic Herb, which is about 75cm high. The Herb bears Feathery Leaves on an Erect Stem that is Hollow inside. When in Bloom, the Herb Bears a Large Number of Yellow Colored Flowers in Umbels on the Stem. The Dill has been Traditionally Associated with Superstitious beliefs in Europe, and hanging a bunch of Dill Herbs over the Door was supposed to Protect one against Witches and Sorcery in the Olden Days. The Herb is Reputed to be one of the Oldest Known Culinary Herbs around. Even the Ancient Egyptians were believed to have used the Dill, and the Herb finds mention in Egyptian Writings and Carvings that are Five Millennia Old. The Current Name of this Culinary and Medicinal Herb comes from the Old Norse word Dilla. The Seeds are a common and very effective Household Remedy for a Wide Range of Digestive problems.

An Infusion is especially Efficacious in Treating Gripe in Babies and Flatulence in Young Children. The Seed is Aromatic, Carminative, Mildly Diuretic, Galactagogue, Stimulant and a Stomachic. Dill Infusion is also considered a Useful Addition to other Herbal Remedies meant for the Treatment of Chronic Cough as well as the Common Cold, and Influenza.

It is also used in the Form of an Extracted Essential Oil. Used either in an Infusion, or by Eating the Seed Whole, the Essential Oil in the Dill Seed relieves Intestinal Spasms and Gripping, helping to Settle Colic. The Essential Oil Extracted from Dill is used as a Remedy to Relieve Painful Intestinal Spasms and Muscular Cramps.

Chewing the Seed Improves Bad Breath. Dill is also a useful addition to Cough, Cold and Flu Remedies, it can be used with Antispasmodics such as Viburnum Opulus to Relieve Period Pains. Dill will also help to increase the Flow of Milk in Nursing



Mothers and its Active Ingredient is then integrated into the Mothers Milk and then will prevent Babies from getting Colic. Dill can also be used along with other Anti-Spasmodic Herbs to help Control Menstrual Pain.

Of the Dill, Nicholas Culpeper wrote:

"The dill being boiled and drank, is good to ease swellings and pains; it also stayeth the belly and stomach from casting. The decoction therefore helpeth women that are troubled with the pains and windiness of the mother, if they sit therein. It stayeth the hiccough, being boiled in wine, and but smelled unto, being tied in a cloth. The seed is of more use than the leaves, and more effectual to digest raw and vicious humours, and is used in medicines that serve to expel wind, and the pains proceeding therefrom. The seed, being roasted or fried, and used in oils or plaisters, dissolve the imposthumes in the fundament; and drieth up all moist ulcers, especially in the fundament; an oil made of dill is effectual to warm or dissolve humours and imposthumes, to ease pains and to procure rest. The decoction of dill, be it herb or seed (only if you boil the seed, you must bruise it) in white wine, being drank, is a gallant expeller of wind, and provoker of the terms."

Dill does have a Minor Contraindication as there have been Reports that Dill can cause Photosensitivity and or Dermatitis in some People.

The Echinacea (*Echinacea Angustifolia*):



Another common name of Echinacea is the Purple Coneflower, it is a Plant native to Western North America. Its Roots and Above Ground Parts are Harvested while the Plant is in Flower. Native American Indians used Echinacea for more Medicinal purposes than any other Plant, treating everything from Colds to Cancer. It gives the White Blood Cells and Immune System Cells that little Extra Boost they need in helping to fight off Colds and Flu Viruses.

It is an Immune Modulator, and Stimulant. It is an Anti-Bacterial, Anti Inflammatory Agent that is a good Tonic for the Lymphatic System. It also helps in relieving Allergies and helps to Reduce Symptoms of Scratchy or Sore Throat, and Stomach Cramps. It is good for relieving Acute Infection when taken in Higher Doses. Echinacea is Famed for being good for Treating Coughs, Common Colds and Flues as well as Chronic Bronchitis and Tuberculosis.

It is good for Treating Parasites, Fevers, Septicemia, Lyme Disease, Gangrene, Typhoid Fever, and Cancer. I did find a reference that it is good for Treating Rabies. It is good for treating Gastrointestinal Problems such as Dyspepsia, Peptic Ulcers, and Appendicitis. And similarly to Cranberry Juice, it is good for Urinary Tract Infections.

Made into an Ointment that is applied Externally, it is also good for Treating Infections of the Reproductive Systems such as Yeast Infections, Gonorrhea, and Herpes. It is good for Treating Boils, Carbuncles, Abscesses, Septicemia, Cancer, Syphilis and other Impurities of the Blood. As an Injection, the Echinacea Extract has been used to Treat Hemorrhoids.

It sorts out Nervous System Conditions such as Headaches, Shingles, Carpal Tunnel Syndrome, and Neuralgia. It is used in Homeopathic Medicine for Treating Syphilis, Typhoid, Blood Poisoning, Septicemia, Poisonings, and Snake Bites.

It has also Useful Properties as a Strong Alterative and has been used as an Aphrodisiac although it may Reduce Fertility, so avoid its Consumption if a Woman is seeking Pregnancy.

It may cause Throat Irritations, Salivations, a sort of Burning Sensation in the Mouth and in excessively High Doses, may cause Nausea, and Long Term use may deplete Vitamin E. In a German Government Analysis they found that it should be discouraged its use in Patients with Immune Disorders such as

AIDS, systemic Lupus, and Multiple Sclerosis, and for Chronic use longer than 8 weeks.

The Dried Root or Rhizome is used to make a Herbal Tea that is Drank. Liquid form seems to be the most effective way, taken in a Tea to be used up to 6 times per day, or as an Oil at one drop every 2-3 hours or so. But there are some Contraindications if used More Excessively than that.

The Elder (*Sambucus Nigra*):



There is a Wealth of Folk-Lore, Romance and Superstition centre around this English Tree. Shakespeare, in *Cymbeline*, referring to it as a symbol of Grief, speaks slightly of it as 'The Stinking Elder,' yet, although many People profess a Strong Dislike to the Scent of its blossom, the Shrub is generally beloved by all who see it. In Countrysides where the Elder flourishes it is certainly one of the most Attractive features of the Hedgerow, while its Old-World Associations have created for it a place in the Hearts of English People.

Its uses are manifold and important. The Wood of Old Trees is White and of a Fine, Close Grain, easily Cut, and Polishes Well, hence it was used for making Skewers for Butchers, Shoemakers' Pegs, and various turned articles, such as tops for Angling Rods and Needles for Weaving Nets, also for making Combs, Mathematical and Medical Instruments, and the Pith of the Younger Stems, which is exceedingly Light, is cut into Balls and is used for Electrical Experiments and for making Small Toys.

Also Native to North America, the Long and Hollow Stems which tend to be Very Straight were used by the early Native American tribes for making Arrow Shafts as such Stems become Woodier when Aged, such Stems were particularly selected during the Springtime, they were typically then left to dry with their Leaves still on them to be turned into Arrows.

The leaves have an unpleasant Odour when bruised, which is supposed to be offensive to most insects, and a decoction of the young leaves is sometimes employed by gardeners to sprinkle over delicate plants and the buds of the flowers to keep off the attacks of aphids and minute caterpillars. The Leaves, Bruised, if worn in the Hat or Rubbed on the Face, prevent Flies settling on the person. In order to Safeguard the Skin from the attacks of Mosquitoes, Midges and other Troublesome Flies.

Elder Flowers and Elder Berries have long been used in the English Countryside for making many Home-Made Drinks and Preserves that are almost as great favorites now as in the time of our Great-Grandmothers. The Berries make an Excellent Home-Made Wine which Improves with Age, and taken Hot with Sugar, just before going to Bed, is an Old-Fashioned and well established Cure for the Common Cold, Influenza, and Tonsillitis. Elderberry Wine has a Curative Power of established repute as a Remedy, taken Hot which helps to Promote Perspiration in the Early Stages of severe Catarrh, accompanied by Shivering, Sore Throat.

The Bark is a Strong Purgative which may be Employed with Advantage, an Infusion of 1 OZ. in a Pint of Water being taken in Wineglassful Doses. When taken in Large Doses it is an Emetic. Its use as a Purgative Dates back to Hippocrates. It has been much employed as a Diuretic, an Aqueous Solution having been found very useful in Cardiac and Renal Dropsies. It has also been Successfully Employed in Epilepsy.

Elder Leaves are used in the preparation of an Ointment, which is a Domestic Remedy for Bruises, Sprains, Chilblains, The Elder Leaf Ointment is also used as an Emollient, and for applying to Wounds. Like the Bark, the Leaves are also Purgative, but more Nauseous than the Bark. Their action is likewise an Expectorant, a Diuretic and a Diaphoretic. They are said to be very Efficacious in Dropsy. The Juice of Elder Leaves is stated by the Old Herbalists to be good for Inflammation of the Eyes, and Sniffed into Nostrils.

The Flowers were used by our forefathers in Bronchial and Pulmonary Afflictions, and in Scarlet Fever, Measles and other Eruptive Diseases. An Infusion of the Dried Flowers, Elder Flower Tea, is said to Promote Expectoration in Pleurisy. The Elder Flower Tea is also a Gentle Laxative and Aperient and is considered excellent for Inducing Free Perspiration. It is a good Old Fashioned Remedy for Colds and Throat Trouble, taken Hot on going to Bed. Elder Flower Tea is an almost Infallible Cure for an Attack of Influenza in its First Stage is a Strong Infusion of Dried Elder Blossoms and Peppermint. Elder Flower Tea is also a Good Blood Purifier. The Tea, taken Cold, was also considered almost as good for Inflammation of the Eyes.

The Flowering Tops of the Elder are also used in the preparation of Herbal Infusions along with other Beneficial Herbs can reduce the severity of Allergic Reactions during Hay Fever when they are taken as a precautionary measure some months prior to the onset of Hay Fever Season during a year.

Traditionally, the Relaxant Quality of the Elder Flower Teas has a very Long History of use in the Herbal Lore, it was used for Soothing and Relaxing Frayed Nerves, the Remedy was given to Nervous Individuals to Allay and Beat Anxiety and it was used as a General Tonic for the Treatment of Depression. A Soothing and Very Restful Sleep can be Induced in a person by making him or her Drink a Hot Infusion during the Night, this Remedy is particularly very useful and beneficial in the Treatment of Restlessness or Irritable in Children during the earliest period of an apparent Infection in the Body.

A Lotion can be made by Pouring Boiling Water on the Dried Blossoms, which is Healing, Cooling and Soothing and can be applied as a Lotion by means of a Linen Rag, for Tumours Boils, in Healing Sunburn, and Afflictions of the Skin, and is said to be effective when applied to the Temples against Headaches.

Elder Berries are good for Treating Rheumatism and Arthritis. They have Aperient, Diuretic and Emetic properties, and the Juice of the Elder Berries has been used as an Alterative Medication of Syphilis and

also as a Gentle Laxative. It promotes all Fluid Secretions and Natural Evacuations. For Colic and Diarrhea, a Tea made of the Dried Berries is said to be a Good Remedy.

The Elder Berries are used as a Decongestant and in the Treatment of some conditions which can induce the excessive accumulation of Mucus within the Lungs of the Afflicted Person. These include Disorders such as the Common Asthma, problems such as Bronchitis, and the Common Cold. In addition, Phlegm production is also induced by Smoking or the Inhalation of Second Hand Smoke. The Elimination of such accumulated Yellow or Green Mucus from the Body is aided by Drinking some Elder Berry Juice, and is also a Good Herbal Remedy in the Removal of Excess Mucus in the Respiratory Passages.

A Salad made with Young Elder Buds, macerated a little in Hot Water and dressed with Oil, Vinegar and Salt, has been used as a Remedy against Skin Eruptions.

Of the Elder, Nicholas Culpeper wrote:

"The first shoots of the common Elder, boiled like Asparagus, and the young leaves and stalks boiled in fat broth, doth mightily carry forth phlegm and choler. The middle or inward bark boiled in water and given in drink wortheth much more violently; and the berries, either green or dry, expel the same humour, and are often given with good success in dropsy; the bark of the root boiled in wine, or the juice thereof drunk, worketh the same effects, but more powerfully than either the leaves or fruit. The juice of the root taken, causes vomitings and purgeth the watery humours of the dropsy."

The Elecampane (Inula Helenium):



Elecampane is a Tall, Bristly Perennial Plant that is Native to South-Eastern Europe and Western Asia. This Herb, which bears Yellow Flowers resembling the Daisy, has been Naturalized in North America and is found growing in abundance in the Moist Meadows, Fields and along the Roads in the Central and Eastern Regions of the United States and Canada. Elecampane has a Long History of use as a Medicinal Herb. It is Best Harvested in the Autumn from Plants that are Two Years Old, and it can be Dried for later use. The Roots should be at least 3 Years Old. A Blue Dye is obtained from the Bruised and Macerated Root mixed with Ashes and Whortleberries. The Root yields a Camphor-Scented Essential Oil, this is used as a Flavouring as well as for Medicinal Purposes.

A Gently Warming and Tonic Herb, it is especially effective in Treating Asthma, Coughs, Consumption,



Bronchitis, Whooping Cough, and many other Complaints of the Chest as well as disorders of the Digestive System. A Very Safe Herb to use, it is Suitable for the Old and the Young and especially useful when the Patient is Debilitated. It Cleanses Toxins from the Body, Stimulating the Immune and Digestive Systems and Treating Bacterial and Fungal Infections. Elecampane is also a Good Remedy for Acute Catarrhal Afflictions, and in Dyspepsia.

The Root is an Alterative, Anthelmintic, Antiseptic, Astringent, and a Bitter. As well as that, it is also a good Cholagogue, Demulcent, Diaphoretic, Diuretic, and is a Mild Expectorant. As well as that, it is a Gentle Stimulant, Stomachic, and a Tonic. The Root contains a Molecule called Alantolactone, which is a Strong Anthelmintic which helps to Kill the Parasitic Worm Ascaris. Alantolactone has an Anti-Inflammatory Action which helps to Reduce Mucous Secretions and Stimulates the Immune System. Elecampane is also used to Cure Contagions like Flu and Tonsillitis. The Herb has Curative Properties, while its Tonic Action Harmonizes with Elecampane's Capability to Offset Infections.

An Extract of this Herbal Plant is a Powerful Antiseptic and Bactericide and is Particularly Effective against the Microorganism that causes Tuberculosis. The Elecampane Herb is sometimes Recommended as an External Wash for Skin Inflammations and Varicose Ulcers, but has been known to Cause Allergic Reactions. It can also be taken Internally to help Treat Skin Diseases.

Of the Elecampane, Nicholas Culpeper wrote:

"The fresh roots of Elecampane preserved with sugar or made into a conserve, or a syrup, are very effectual to warm a cold windy stomach and stitches in the side, caused by spleen and to relieve cough, shortness of breath and wheezing in the lungs. The dried root made into powder and mixed with sugar, and taken, serveth the same purpose.... It cures putrid and pestilential fevers and even the plague. The roots and herbes beaten and put into new ale or beer and daily drunk, cleareth, strengtheneth and quickeneth the sight of the eyes. The decoction of the roots in wine or the juice taken therein, destroys worms in the stomach, and gargled in the mouth or the root chewed, fasteneth loose teeth and keeps them from putrefaction, and being drunk is good for spitting of blood, and it removes cramps or convulsions, gout, sciatica, pains in the joints, applied outwardly or inwardly, and is also good for those that are ruptured, or have any inward bruise. The root boiled well in vinegar, beaten afterwards and made into an ointment with hog's suet or oil of trotters is a most excellent remedy for scabs or itch in young or old the places also bathed and washed with the decoction doth the same; it heals putrid sores or cankers. In the roots of this herb lieth the chief effect for the remedies aforesaid. The distilled water of the leaves and roots together is very good to cleanse the skin of the face or other parts from any morpew, spots or blemishes and make it clear."

This Herbal Remedy does have some Contraindications and should not be Prescribed for Pregnant Women although it has been used in the Past to help Treat Certain Diseases of Women, also in Phthisis, in Dropsy and in Skin Afflictions.

The Ephedra (Ephedra Sinica):



The Ephedra, called the "Ma Huang" in Chinese Medicine, is a Herbal Plant which is valued as a Herbal Remedy. The Plant's Principal Alkaloid Compound "Ephedrine" has seen Substantial Use in the Western System of Medicine early on. The use of the Plant as an Herbal Remedy in China goes back 5,000 years. Ephedra is a Strongly Stimulant Acrid-Tasting Herb and is considered to be one of the 50 Fundamental Herbs of Chinese Medicine. The Stems can be Harvested at any time of the year and are Dried for later use.

Ephedra is Used in Preparations for the Treatment of Asthma and Catarrh. Ephedrine has a Similar Effect to Adrenaline in the Body. It acts promptly to Reduce Swellings of the Mucous Membranes and has Antispasmodic Properties making it a Valuable in the Treatment of Asthma.

The Whole Plant can be used at much Lower Concentrations than the Isolated Constituents. Using the Whole Herbal Plant rarely gives rise to Side-Effects. The Stems are a Pungent, Bitter, Warm Herb that Dilates the Bronchial Vessels whilst stimulating the Heart and Central Nervous System. The Stems are also an Antidote, Diaphoretic, Diuretic, Pectoral, Vasoconstrictor and a Vasodilator.

They are used Internally in the Treatment of Asthma, Hay Fever and Allergic Complaints. The Herbal Plant also has an Antiviral Effects, particularly against Influenza. Ephedra is often combined with a Number of other Herbs and used in Treating a Wide Range of Complaints.

The Root is an Antihydrotic. It Raises Blood Pressure and Dilates the Peripheral Blood Vessels. It is used in the Treatment of Influenza, Pneumonia, Night Sweating and Spontaneous Sweating. The Ephedra Root is believed to have the Opposite

Action to the Stem, but is only Prescribed in cases of Profuse Sweating.

Ephedra does have some Contraindications so this Herb should be used with Great Caution, preferably under the Supervision of a Qualified Practitioner. It should not be Prescribed to Patients who are taking Monoamine Oxidase Inhibitors, or suffering from High Blood Pressure, Hyperthyroidism or Glaucoma. Ephedrine is seen as a Performance-Boosting Herb and, as such, is a Forbidden Substance in many Sporting Events. This Herb is also known to bring on a Headache, it can induce Insomnia and Sleeplessness, and even Dizziness in the Short Term. Pregnant Women must Avoid taking any Ephedra Based Products during the Term of Pregnancy and till Lactation is completed. Children Younger than Six Years of Age must also not be given Ephedra Based Products without Medical Assent from a Qualified Practitioner or Herbologist.

The Epsom Salts:



Although this is a Mineral and not a Herbal Plant, I thought Epsom Salts should be included in my Herbological E-Book.

When Magnesium Sulfate is absorbed through the Skin, such as in a Bath, it draws Toxins from the Body, Sedates the Nervous System, Reduces Swelling, Relaxes Muscles, is a Natural Emollient, Exfoliator, and much more. In order to have a Relaxing and Sedative Bath, Soak in Warm Water with 2 cups of Epsom Salt. In order to Exfoliate the Skin Massage Handfuls of Epsom Salts over your Wet Skin, starting with your Feet and continuing up towards the Face. Have a Bath to Rinse.

To Clean your Face or making Skin Masks, there are several Recipes that use Epsom Salt. The most simplest method is Mixing Epsom Salts with your Regular Cleansing Cream. Just Massage it into your Skin and Rinse with Cold Water.

Epsom Salts helps to Soothe Aches, Remove Odors, and Soften Rough Skin with a Foot Soak. Add 1/2 cup of Epsom Salt to a Large Pan of Warm Water. Soak your Feet for as long as it feels right. Rinse and Dry.

To Remove Excess Oil from your Hair, add Epsom Salt to your Hair Shampoo. Apply one tablespoon of the Salted Shampoo to your Hair, Wash Thoroughly and then Rinse with Cold Water. A Hair Gel can be made from Epsom Salts by Combining it with Water and Lemon Juice.

There are also some Good First Aid Used for Epsom Salts. You can Soak Sprains and Bruises in Epsom Salts as it will Reduce the Swelling of Sprains and Bruises. Add 2 cups Epsom Salt to a Warm Bath, and Soak. In order to Splinter, Soak the Body Part with the Splinter in Warm Epsom Salted Water, it then draw out the Splinter.

The Eucalyptus Tree (Eucalyptus Globulus):



This Familiar Tree known as the Eucalyptus is Indigenous to Australia. Eucalyptus is now a Popular Quick Growing Tree and is now Cultivated in many other Countries. The Tree is one of the Quickest Growing Tree Species around and is among the World's Biggest and Tallest Trees. The Eucalyptus grows successfully in many Places with varied Soils and Climates.

The Australian Aborigines Traditionally used Various Herbal Remedies made from different parts of the Eucalyptus to Treat Fevers and all kinds of Infections. These days, Remedies made from the Eucalyptus are used by many people all over the world for the Treatment of these types of Complaints. The Potent Anti-Septic and Anti-Viral Power of the Eucalyptus makes it very helpful to Treat Colds, Flu, and it is often used as a Gargle to Treat Sore Throats.

The Leaves of Eucalyptus have been successfully used as a Tonic and Gently Stimulating Stomachic, in Dyspepsia, and in Catarrh of the Stomach and for Treating Typhoid Fever. It is used in Mucous Catarrhal Afflictions and Treating Laryngitis, Asthma, and in Chronic Bronchitis. It is also good for Treating Emphysema, and Whooping-Cough. The Leaves of Eucalyptus can be Smoked and that has been found to bring Relief in Bronchial Catarrh, Asthma, and other Afflictions of the Respiratory Organs.

Both the Leaves and the Oil are Deodorizers, and have been successfully Used to Treatment of Ozena, in Fetid or Profuse Mucous Discharges, in Vaginal Leucorrhoea, Gonorrhoeal Discharges, and Fetid Wounds or Ulcers. It has been used in Cancerous Ulcerations, Septicemia, and for Treating Gangrene.

The Leaves of Eucalyptus, made up into cigars or cigarettes, and smoked, have been advised to afford relief in bronchial catarrh, asthma, and other affections of the respiratory organs.

A Tincture of the Leaves is good for Treating Throat and Pulmonary Maladies when Inhaled in the form of Spray.;

Externally applied, the Eucalyptus Essential Oil gives relief of Neuralgic and Rheumatic Pains.

Eucalyptus Honey is Recommended for Parasitic and Putrescent Conditions, Gonorrhea, Fevers, and Catarrhal Diseases. It is a Sedative to the Heart, actively Diuretic, and increases the Elimination of Uric Acid.

The Eyebright (*Euphrasia Officinalis*):





Found in the Pastures of Europe, the Herbal Plant known as the Eyebright is a Hardy and Small Annual Herb Native to Europe, it is Characterized by the Presence of Deeply Cut Leaves. The time for the Flower to Bloom is between July to September. Eyebright is the Herbal Plant which bears many Small Flowers during this time which are White or Purplish in Color. Eyebright has a Long History of Herbal use in the Treatment of Eye Problems and is still in Current Herbal Use. It is important that only the Correct Forms of Eyebright are used, since other forms do not possess Medicinal Virtues.

Eyebright Tightens the Mucous Membranes of the Eye and appears to Relieve the Inflammation of Conjunctivitis and Blepharitis. Its ability to counter Catarrh means that it is often used for Infectious and Allergic Conditions affecting the Eyes, Middle Ear, Sinuses and Nasal Passages.

The Whole Plant is an Anti-Inflammatory, Astringent, Digestive, Ophthalmic and is a Mild Tonic. It is taken Internally in the Treatment of Catarrh, Sinusitis, Hay Fever, and Upper Respiratory Tract Infections.

An Infusion of the Herbal Plant can be taken Internally or used as an Eye Wash. Alternatively, the Diluted Juice can be Dropped into the Eyes.

The Plant can be used Externally as a Poultice to Aid the Healing of Wounds. Eyebright should be Harvested when in Flower and can be Dried for later use.

The Dried Herb is a Ingredient of Herbal Smoking Mixtures, used in the Treatment of Chronic Bronchial Colds.

A Homeopathic Remedy is made from the Expressed Juice of the Plant. It is used particularly in the Treatment of Eye Inflammations and Colds.

Of Eyebright, Nicholas Culpeper wrote:

"The juice or distilled water of eye-bright, taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helps all infirmities of the eyes that cause dimness of sight. Some make conserve of the flowers to the same effect. Being used any of the ways, it also helps a weak brain, or memory. This tunned up with strong beer, that it may work together, and drank; or the powder of the herb mixed with sugar, a little mace, and fennel-seed, and drank, or eaten in broth; or the said powder made into an electuary with sugar, and taken, has the same powerful effect to help and restore the sight decayed through age; and Arnoldus de Ville Nova says, it has restored sight to them that have been blind a long time before."

Eyebright does have some Contraindications as some Caution should be Exercised as it can linduce Side Effects including Dim Vision. The Plant's Astringency makes it Inappropriate for Treating Dry or Stuffy Congestion.

False Unicorn Root (*Chamaelirium Luteum*):



The False Unicorn Root was used in Colonial Times for Medicinal Purposes, but now is Strictly an Ornamental Plant. Florists Favor it when making Cut Flower Arrangements for some of their Customers because of its Lovely Lavender Spikes of Feathery Flowers. Unlike most other Spike Flowers, this one is an Exception to the Rule and Flowers from the Top of the Spike Downward. The Purple Flower Spikes may reach 2 feet or longer. The Root is Harvested in the Autumn and dried for later use.

True Unicorn Root was used by the North American Natives mainly as a Woman's Herb. It is widely used in Western Herbal Medicine where it is seen as a Balancing Herb for the Female Reproductive System and has proved to be a Beneficial Remedy for Menstrual Problems and Ovarian Cysts.

The Root is an Adaptogen, Diuretic, Emetic, Uterine Tonic and Vermifuge. Small Doses of the Dried and Powdered Root are Used. It is Employed in the Treatment of Amenorrhoea, Dysmenorrhoea and Leucorrhoea and also for a variety of Ailments associated with the Male and Female Reproductive Organs.

The True Unicorn Root does have some Contraindications and it should be used with Caution since an Excess Causes Vomiting.

The Fennel (Foeniculum Vulgare):



The Fennel is a Hardy Perennial Umbelliferous Herb, with Yellow Flowers and Feathery Leaves. It Grows Wild in most parts of temperate Europe, but is generally considered indigenous to the shores of the Mediterranean, whence it spreads Eastwards to India. The fact that this Herb was used in the Ancient Times is shown by the Traditions presented in Mythology. In Greek Myths this Plant was associated with Dionysus (the God of Feasts and Wine). It is also said that Intelligence came from the Gods and reached Humanity through a Fennel Stem. Fennel was considered to have Magical Characteristics and thus, during the Middle Ages this Herb was placed by the Door in order to fend off the Evil Spirits during the Sabbath of Summer Solstice. It has followed civilization, especially where Italians have colonized, and may be found growing wild in many parts of the World today. The Biggest Growers of Fennel today are: the United States, France, India and Russia. In Italy and France, the Tender Fennel Leaves are often used for Garnishes and to add Flavour to Salads. The Finely Chopped Fennel Leaves are also added to Sauces served with Puddings. Ancient Roman Bakers are said to put the Herb under their Loaves in the Oven to make the Bread taste more agreeably. Formerly Poor People used to eat Fennel to satisfy the Cravings of Hunger on fast days and make Unsavoury Food Palatable.

Owing to the Invigorating and Purifying Effects that Fennel has over the Human Body, it can be used in Treating Bruises, Cellulitis, Obesity, Water Retention, eliminating the Toxins from the Body, Bad Breath and Inflammations of the Mouth. Fennel Seeds and Roots helps to Unclog the Liver, the Spleen, the Bladder and Eliminates Cramps. Fennel helps to eliminate the Common Cold, Coughs as well as Hiccups due to its Expectorant Nature.

The Bulb of the Fennel is Antibacterial and very useful to the Immune System. The Strong Detoxification Action of the Fennel also renders it a Very Effective Remedy for Disorders such as Arthritis and Gout.

Fennel Bulb is an important source of Fiber which help reduce Cholesterol levels. Also, the Fiber from this Herb can prevent Intestinal Cancer owing to the fact that they can eliminate Toxins and Cancerous substances from Intestines. Fennel, being high in Potassium, helps Decrease the High Blood Pressure that can cause a Heart Attack.

Fennel Water has properties similar to those of Anise and Dill Water is that when mixed with Sodium Bicarbonate, is useful to correct Flatulence. The Steam resulting from the Boiling Fennel Leaves in

Water Alleviates Asthma and Bronchitis.

The Mixtures and Infusions from Dry Fennel Seeds eliminate Stomachaches and Stimulate Digestion. Fennel Infusions is a Good Remedy against Intestinal Worms. Infusions of Fennel mixture is good for Sharpening Eyesight and Alleviate Eye Irritations. Fluid Retention in the body is also aided by the Strong and Effective Diuretic Properties of Fennel.

The Fennel Essential Oil is an Antiseptic, Sedative, Carminative, and it is used in the making of Soap and Perfumes. Digestion and Absorption of Food is promoted by the Essential Oils of the Fennel as it affects and increases the Secretion of Digestive Enzymes in the Stomach. Spasms in the Digestive Tract are also relaxed by the effective Carminative Properties of the Herb. Disorders such as Heartburn, Persistent Constipation, and Abdominal Pain can be treated using Fennel Essential Oils. The Essential Oils in this Herb are also an Antiseptic, and thus, is a Very Effective Remedy for the Treatment of Urinary Tract Infections. The Antiseptic Action of the Essential Oil of Fennel is useful in the Treatment of Infections in different parts of the Body, especially Infections affecting the Respiratory System. Local application of the Essential Oil on the body or Bruised Fennel Seed Exudates is used in Alleviating the Pain of Toothaches and Earaches.

Lactation is promoted in Nursing Mothers by giving them Fennel as the Herb actively aids secretion of Breast Milk, and Digestive Troubles in the Nursing Baby can also be alleviated as the Volatile Oils in the Fennel pass from Mother to the Baby via the Breast Milk. Fennel also acts as an aid in the regulation of the Menstrual Cycle and as an Herbal Aid in relieving Period Pains during Menstruation.

Fennel also has a Pesticidal Effect as if it is Pulverized in Poultry Coops and Livestock Stables. it keeps the Flees away. Fennel is also largely used for Cattle Condiments.

Of Fennel, Nicholas Culpeper wrote:

"It is an herb of Mercury, and under Virgo, and therefore bears antipathy to Pisces. Fennel is good to break wind, to provoke urine, and ease the pains of the stone, and helps to break it. The seeds boiled in barley-water and drank, are good for nurses, to increase their milk, and make it more wholesome for the child. The leaves, or rather the seeds, boiled in water, stays the hiccough, and takes away the loathings which oftentimes happen to the stomachs of sick and feverish persons, and allays the heat thereof. The seed boiled in wine and drank, is good for those that are bit with serpents, or have eat poisonous herbs, or mushrooms. The seed, and the roots much more, help to open obstructions of the liver, spleen, and gall, and thereby help the painful and windy swellings of the spleen, and the yellow jaundice; as also the gout and cramps. The seed is of good use in medicines, to help shortness of breath and wheezing, by stopping of the lungs. It assists also to bring down the courses, and to cleanse the parts after delivery. The roots are of most use in physic drinks and broths, that are taken to cleanse the blood, to open obstructions of the liver, to provoke urine, and amend the ill colour in the face after sickness, and to cause a good habit through the body. Both leaves, seeds, and roots thereof, are much used in drink or broth, to make people lean that are too fat."

Fennel does have a Contraindication and that the Herbal Fats extracted from the Fennel Seeds was proved to be Toxic even in Small Quantities and causes Skin Rashes, Breathing Problems and Nausea. It is also recommended that Pregnant Women stay away from mixtures containing Fennel as Large Quantities Fennel is an Uterine Stimulant and taking it can cause Miscarriages.

The Fenugreek Seed (*Trigonella Foenum-Graecum*):



Fenugreek's name comes from "Foeniculum-Graecum", meaning "Greek Hay", the Plant being used to scent Inferior Hay. The Seeds of Fenugreek have been used Medicinally all through the ages and were held in high repute among the Egyptians, Greeks and Romans for Medicinal and Culinary purposes. Fenugreek is an erect Annual Herb, growing about 2 feet high, similar in habit to Lucerne. It possesses the advantage of being Cheap and readily taken by Children, if its Bitter Taste is disguised Sweets such as Jam. Fenugreek Powder is also Employed as a Spice in Curry.

Fenugreek is a Natural Source of Iron, Silicon, Sodium and Thiamine. Beverages are made from the Seed to ease Stomach Trouble. The Chemical Make-up of Fenugreek Seed Tea is curiously similar to Cod Liver oil, for which a decoction of the Seed is sometimes used as a substitute. It also Lowers Blood Pressure. Fenugreek relieves Congestion, Reduces Inflammation and Fights Infection. Fenugreek alleviates Coughing, stimulates Perspiration to Reduce Fevers, and is beneficial for treating Allergies, Bronchitis and Congestion. Fenugreek is also useful for External Application for helping to Heal Small Wounds and Cuts. Fenugreek can be employed to Treat Rickets, Anemia, and Gout.

Fenugreek Seeds is a Strong Mucilage, which is an Emollient that helps to restore the Deadened Senses of Taste or Smell. The Sense of Taste dulls due to Improper Functioning of the Salivary Glands which often become Clogged with Mucus and accumulated juices, causing swelling. Similarly, the Sense of Smell is obstructed due to Prolonged Accumulations of Mucus and other Impurities in the Nose where the Olfactory Nerves are located. The Seeds are employed in the preparation of Emollient Cataplasms, Ointments and Plasters.

Fenugreek seed is also known to make women more Buxom and treat Hormonal Imbalances. It also helps increase Lactation.

The Plant has Antiarthritic Property that leads to an important Medicinal use of the plant in Rheumatic Disorders and Spondylosis.

Fenugreek makes a good Digestive Aid. Also, it has been found that consuming it helps to reduce Blood Sugars, and thus it is good for people who have Diabetes in conjunction with their Insulin Shots.

Of Fenugreek, Nicholas Culpeper referred to it as "Bird's-Foot" and of that he wrote:

"are of a drying, binding quality, and therefore very good to be used in wound drinks; as also to apply outwardly for the same purpose. But the latter bird's-foot is found by experience to break the stone in



the back or kidneys, and drives them forth, if the decoction thereof be taken; and it wonderfully helpeth the ruptures, being taken inwardly, and outwardly applied to the place. All salts have best operations upon the stone, as ointments and plaisters have upon wounds; and therefore you may make a salt of this for the stone: the way how to do so may be found in my translation of the London Dispensatory; and it may be I may give it you again in plainer terms at the latter end of this book."

The Feverfew(*Chrysanthemum Parthenium*):



The Feverfew Herb has been used as an Herbal Remedy since the time of Dioscorides-78 A.D. Feverfew is an Aperient, Carminative, and a Bitter. Feverfew is also Employed in Hysterical Complaints, Nervousness and Lowness of Spirits, and is a General Tonic. It should be taken regularly in order to Treat Migraine Headaches. Chewing Leaves of Feverfew are also supposed to be good for Treating Migraines.

A Tincture of Feverfew applied Externally helps to Heal Bruises. A Tincture made from Feverfew and applied locally immediately Relieves the Pain and Swelling caused by Bites of Insects and Vermin. Feverfew Tincture helps Swollen Feet when the Feet are soaked in Baths. It is because of Feverfew's well known Anti-Inflammatory Properties that it is used in the Treatment of Disorders such as Psoriasis.

A Decoction of Feverfew mixed with Sugar or Honey is good for Coughs, Wheezing and difficult Breathing. The Herbal Feverfew Remedies have also been used to Treat disorders such as Asthma, Allergic Reactions such as the Hay Fever, in the Treatment of Spells of Dizziness and to Treat Ear Problems.

It is used as a Stimulant and is useful as an Emmenagogue. Feverfew is also useful in Relieving the Painful Sensations Associated with the Menstrual Periods and it also Reduces the Physical Symptoms

Associated with PMS, including persistent Headaches, Irritability and Muscular Tension. Hot Flashes in women have been Traditionally Treated using the Feverfew Herb and the Remedy has also been used in the Treatment of all other Symptoms related to the Period of Menopause in Women.

Feverfew is a Good Sedative, and is also found that it is very helpfull in treating Rheumatism and Arthritis.

Of Feverfew, Nicholas Culpeper wrote:

"commended to succour her sisters (women), to be a general strengthener of their wombs, and to remedy such infirmities as a careless midwife has there caused; if they will be pleased to make use of her herb boiled in white wine, and drink the decoction, it cleanses the womb, expels the afterbirth, and does a woman all the good she can desire of an herb. The decoction thereof, made with some sugar or honey put thereto, is used by many with good success to help the cough and stuffing of the chest, by colds; as also to cleanse the reins and bladder, and helps to expel the stone in them. The powder of the herb taken in wine, with some oxymel, purges both choler and phlegm, and is available for those that are short-winded, and are troubled with melancholy and heaviness, or sadness of spirits. It is very effectual for all pains in the head coming of a cold cause, the herb being bruised and applied to the crown of the head. The decoction thereof drank warm, and the herb bruised with a few corns of bay-salt, and applied to the wrists before the coming of the ague-fits, does take them away. The distilled water takes away freckles, and other spots and deformities in the face. The herb bruised and heated on a tile, with some wine to moisten it, or fried with a little wine and oil in a frying-pan, and applied warm out-wardly to the places, helps the wind and cholic in the lower part of the belly. It is an especial remedy against opium taken too liberally."

There is a Contraindication as Pregnant Women should not consume Feverfew as it can cause Complications to the Pregnancy.

Figs (Ficus Carica):



The Common Fig-tree provides the Succulent Fruit that in its Fresh and Dried State has been valued from the earliest days. It is indigenous to Persia, Asia Minor and Syria, but now is Wild in most of the Mediterranean Countries. It is Cultivated in most Warm and Temperate Climates and has been Celebrated from the Earliest Times for the Beauty of its Foliage and for its Sweetness. The Greeks are said to have received it from Caria in Asia Minor hence that is where its Scientific Name comes from. Under Hellenic Culture it was improved and Attic Figs became celebrated in the East. It was largely used by the Spartans at their Diet and Athletes fed almost entirely on Figs, considering that they increased their Strength and Swiftness. Figs were early introduced into Italy. The Famed Herbologist Pliny gives details of no less than Twenty Nine varieties of Figs known in his day, and specially praises those of Tarant and Caria and also those of Herculaneum. Dried Figs have been found in the Ruins of Pompeii when it was discovered. The Fig plays an important part in Latin mythology. It was dedicated to Bacchus and employed in Religious Ceremonies. The She-Wolf that suckled Romulus and Remus rested under a Fig Tree, which was therefore held Sacred by the Romans.

Figs are used for their Mild Laxative Action, and are Employed in the preparation of Laxative Confections and Syrups, usually with Senna and Carminatives. Figs are a Demulcent as well as Nutritive and are used in the Treatment of Catarrhal Affections of the Nose and Throat.

Roasted and Split into Two Portions, the Soft Pulpy Interior of Figs may be applied as Emollient Poultices to Boils, Gumboils, Dental Abscesses and other Circumscribed Maturing Tumours. The Milky Juice of the Freshly-Broken Stalk of a Fig has been found to remove Warts. When applied, a Slightly Inflamed Area appears round the Wart, which then Shrivels and Falls Off. The Milky Juice of the Stems and Leaves has been used in some Countries for Raising Blisters. The Leaves are also added to Boiling Water and used as a Steam Bath for Painful or Swollen Piles and Corns.

A Decoction of the Leaves is Stomachic and Excellent Pectoral. The Plant has Anticancer Properties.. It also has an Analgesic Effect against Insect Stings and Bites. Figs are also known for being good for Anemia, Malaria, Asthma, Shingles, Herpes, Arthritis, Rheumatism, Parasites, Varicose Veins and Bleeding.

The Flax (*Linum Usitatissimum*):



Flax Seed has enjoyed a Long History from Neolithic Times of Folk Medicinal use in Asia, Europe and North America. Flax Seeds contain a High Quality Protein, are Rich in Soluble Fiber. The combination of the Flaxseed Oil and Fiber makes it an Ideal Laxative. Flax Seeds contain Vitamins B-1, B-2, C, E, Iron, Zinc, and trace amounts of Potassium, Magnesium, Phosphorus, Calcium, and Vitamin E and Carotene. Flax seeds contain over a hundred times more of a Phytonutrient, known as Lignin, than any of its closest competitors. Lignins have received a lot of attention lately because of possible Anti-Cancer Properties, especially in relation to Breast and Colon Cancer.

Flax has been used to treat Cough, Urinary problems, Cardiac Diseases, Burns, Swelling, Abscess and Eye Diseases and Dry Itching Skin. Flax, as used in Western Herbal Medicine, has recommended Flax Seed for a host of Health Disorders, including Bronchitis, Inflamed Membranes of the Respiratory, Digestive and Urinary Organs. It can also help Kidney Irritation and Dysentery.

It also helps to reduce the Hardening Effects of Cholesterol on Cell Membranes. Most of the Soluble Fiber in Flax is Mucilage Gum, which is a Thick, Sticky Substance that Blocks Cholesterol Absorption and also helps Balance Blood-Glucose Levels, thereby making it useful for Reducing High Blood Sugar.

Topical Application of Crushed Flax Seed Poultice can be Beneficial in the Treatment of Chronic Coughs, Bronchitis, Pleurisy, as well as in Emphysema. External and Painful Boils can be relieved and subdued by application of Poultice made from Crushed Flaxseeds or Flaxseed flour. A mixture of Flaxseed Oil and Red Wine is recommended for the Treatment of Wounds.

The Flaxseed Essential Oils contain Omega-3 Fatty Acids, which are a type of "Good" Cholesterol Fats typically missing from normal Western Diets, are found in good quantities in Flaxseed Oil. The Hormone Levels in the Body are also Modulated by these Compounds and this results in Gaining Relief from some of the Physical Symptoms that are seen during Menopause. Symptoms like the Hot Flashes and the sudden Yeast Infections that comes on during Vaginal Dryness accompanying Menopause. Hormonal Imbalances which caused Premenstrual Syndrome can also be Treated using Flaxseed Oil. The Flaxseed derived Omega-3 Fatty Acids also afford great protection against various types of Heart Disease. Problems of High Cholesterol and High Blood Pressure can be beneficially affected by the Omega-3-Fatty Acids, which Lower these elevated levels, the Acids also help in Reducing Elevated Blood Triglyceride Levels in the Body, and also Prevent Blood Clots at the same time. Many Natural

Anti-Inflammatory compounds are also found in the Flaxseed Oil Aid in bringing Relief from the Symptoms of Diseases such as Rheumatism, Psoriasis, as well as Symptoms induced by various Allergies. The ability of the Flaxseed Oil Supplements to increase the Stamina has been a Recent Claim made by some Body Builders, these People also suggest that the Oil helps them to recover faster from the Strain of Workouts and Injury. The presence of a Natural Anti-Oxidant in the Flaxseed may be one factor that enables the Tired Muscles of Body Builders to recover at a faster rate. Problems like Muscle Soreness after exercise are probably relieved by the Anti-Inflammatory Action of the Flaxseed Oil.

For Improved Immune Function, Flaxseed's Alpha-Linoleic Acid and Lignins have demonstrated a beneficial impact by affecting Immune Cells and Immune-Response Mediators, such as Eicosanoids and Cytokines.

Of Flax, Nicholas Culpeper wrote:

"This is frequently used to spend the abundance of those watery humours by urine which cause the dropsy. The decoction of the herb, both leaves and flowers, in wine, taken and drank, doth somewhat move the belly downwards, opens obstructions of the liver, and helps the yellow jaundice; expels poison, provokes women's courses, drives forth the dead child, and after-birth. The distilled water of the herb and flowers is effectual for all the same purposes; being drank with a dram of the powder of the seeds of bark or the roots of Wall-wort, and a little Cinnamon, for certain days together, it is held a singular remedy for the dropsy. The juice of the herb, or the distilled water, dropped into the eyes, is a certain remedy for all heat, inflammation, and redness in them. The juice or water put into foul ulcers, whether they be cancerous or fistulous, with tents rolled therein, or parts washed and injected therewith, cleanses them thoroughly from the bottom, and heals them up safely. The same juice or water also cleanses the skin wonderfully of all sorts of deformity, as leprosy, morpew, scurf, wheals, pimples, or spots, applied of itself, or used with some powder of Lupines."

The Foxglove (*Digitalis Purpurea*):





Warning! Warning! Warning! This Herb Is Poisonous!!! Great Care should be Exercised in the use of this Plant, the Therapeutic Dose is very close to the Lethal Dose!!!

Among all the Traditional Medicinal Plants of Old, the Foxglove is considered to be among the Loveliest, and Most Lethal. The Plant's Poison called "Digitalis" is simply the Powdered Down Dried Leaves of the Foxglove Plant. The Leaves should only be Harvested from Plants in their Second Year of Growth, picked when the Flowering Spike has grown and about 2/3s of the Flowers have opened. Harvested at other times, there is less of the Medically Active Alkaloid present. Digitalis is a well known Cardiac Stimulating Compound that has helped Millions of Heart Patients Stay Alive due to its Property of Stimulating the Cardiac Muscles.

The Foxglove is a widely used Herbal Medicine with a Recognized Stimulatory Effect upon the Heart. It is also used in Allopathic Medicine in the Treatment of Heart Complaints. It has a Profound Tonic Effect upon a Diseased Heart, enabling the Heart to Beat more Slowly, Powerfully and Regularly without requiring more Oxygen. At the same time it stimulates the Flow of Urine which Lowers the Volume of the Blood and Lessens the Load on the Heart. The Plant contains Cardiac Glycosides. Digitoxin Rapidly Strengthens the Heartbeat but is excreted very slowly. Digoxin is therefore preferred as a Long-Term Medication.

The Leaves are a Cardiac, Diuretic, Stimulant and a Tonic. The Seed has also been used in the Past. The Leaves also have a Very Beneficial Effect on the Kidneys, they are Strongly Diuretic and are used with Benefit in the Treatment of Dropsy. A Homeopathic Remedy is made from the Leaves.

An Infusion of this Plant prolongs the Life of Cut Flowers. Root Crops Growing near this Plant Store better. An Apple-Green Dye is obtained from the Flowers.

Of the Foxglove, Nicholas Culpeper referred to it as "Lily Of The Valley" and wrote: "it strengthens the brain, recruits a weak memory, and makes it strong again. The distilled water dropped into the eyes, helps inflammations there; as also that infirmity which they call a pin and web. The spirit of the flowers distilled in wine, restores lost speech, helps the palsy, and is excellently good in the apoplexy, comforts the heart and vital spirits. Gerrard saith, that the flowers being close stopped up in a glass, put into an ant-hill, and taken away again a month after, ye shall find a liquor in the glass, which, being outwardly applied, helps the gout."

Warning! Warning! Warning! This Herb Is Poisonous!!! Great Care should be Exercised in the use of this Plant, the Therapeutic Dose is very close to the Lethal Dose!!!

The Frankincense (*Boswellia Thurifera*):



Obtained from the Leafy Forest Tree *Boswellia Thurifera*, with Deciduous Leaves alternating towards the tops of Branches. To obtain the Frankincense, a Deep, Longitudinal Incision is made in the Trunk of the Tree and below it a Narrow Strip of Bark 5 Inches in Length is Peeled Off. When the Milk-Like Juice which Exudes has Hardened by Exposure to the Air, the Incision is Deepened. In about Three Months the Resin has attained the Required Degree of Consistency, Hardening into Yellowish 'Tears.' The Large Clear Globules are Scraped Off into Baskets and the Inferior Quality that has run down the Tree is collected separately. The Season for gathering lasts from May till the Middle of September, when the First Shower of Rain puts a close to the gathering for that Year.

Frankincense is Stimulant, but seldom used now Internally, though formerly was in Great Repute. Pliny mentions it as an Antidote to Hemlock. The Islamic Botanist Avicenna Recommended it for Tumours, Ulcers, Vomiting, Dysentery and Fevers. In China it is used to Treat Leprosy. Its Principal Use now is in the Manufacture of Incense and Pastilles. It is also used in Plasters and might be substituted for Balsam of Peru or Balsam of Tolu. The Inhalation of Steam Laden with the Volatile Portion of the Drug is said to Relieve Bronchitis and Laryngitis.

Frankincense Resin is Edible and often used in Various Traditional Medicines in Asia for Digestion and Healthy Skin. Edible Frankincense must be pure for Internal Consumption, meaning it should be Translucent, with No Black or Brown Impurities.

The Essential Oil of Frankincense is produced by Steam Distillation of the Tree Resin. It has a Good Balsamic and Sweet Fragrance, while the East Indian Frankincense Oil has a Very Fresh Smell and is used in Perfumery as well as Cosmetics. The Kohl, or Black Powder with which the Egyptian Women used to Paint their Eyelids, is made of Charred Frankincense, or other Odoriferous Resin mixed with Frankincense.

The word 'Incense,' meaning originally the Aroma given off with the Smoke of any Odoriferous Substance when Burnt, has been Gradually Restricted almost exclusively to Frankincense, which has always been obtainable in Europe in Greater Quantity than any other of the Aromatics Imported from the East. Burning Frankincense helps to Repel Mosquitoes and thus helps Protect People and Animals from Mosquito-Borne Illnesses. Also, Incense using Frankincense has also been used for many Ceremonial, Religious and Paganistic Rituals in all sorts of Pantheons.

The Fringe Tree (*Chionanthus Virginicus*):



It is a Pest and Disease Resistant Sturdy Plant, Native to the Eastern Region of the United States. The Fringe Tree was commonly used by the North American Indians and European Settlers alike to Treat Inflammations of the Eye, Mouth Ulcers and Spongy Gums. In Modern Herbalism it is considered to be one of the Most Reliable Remedies for Disorders of the Liver and Gall Bladder. The Fringe Tree Roots can be Harvested at any Time of the Year, the Bark is Peeled from them and is then Dried for later use.

The Dried Root Bark is an Alterative, Aperient, and a Cholagogue. It is also a Diuretic, Febrifuge and a Tonic. It is used in the Treatment of Gallbladder Pain, Gallstones, Jaundice and Chronic Weakness. The Root Bark also appears to

Strengthen the function of the Pancreas and Spleen. Fringe Tree also Stimulates the Appetite and Digestion and is an Excellent Remedy for Chronic Illness, especially where the Liver has been affected.

A Herbal Tea or a Poultice can be made from the Root Bark for External use as a Wash for Wounds, Inflammations, Sores, and Infections. It is used in Typhoid, Intermittent, or Bilious Fevers. This Herbal Tea can be used as an Herbal Wash for Inflammations, Bed Sores and to Treat different kinds of Infections among other problems.

A Tincture of the Fringe Tree Bark was once widely used Internally in the Treatment of Hypertrophy of the Liver, Jaundice, Bilious Headache, Gallstones, and Rheumatism.

The Galangal (*Alpinia Officinarum*):



The Plant called the Galangal belongs to the Ginger Family of Plants. This Herb is used in Herbal Medicine and is known for its Warming and Comforting Effects on the Digestion, similar to Related Herbs such as the Ginger. The Herbal Properties of the Galangal make it ideal as a Remedy for Conditions in which the Central Region of the Body Requiring Greater Warmth, and the Nice Aromatic Quality and the Mild Spicy Taste of the Galangal make it a Very Soothing Herb. Native to China, Europe had its First Galangal Specimens around the 9th Century. Russians use it more as a Spice due to its Resemblance to the Common Ginger, they Flavor Vinegar and a Russian Liqueur called 'Nastoiika' using the Galangal.

Stimulant and Carminative. It is especially useful in Flatulence, Dyspepsia, Vomiting and Sickness at

Stomach, being recommended as a Remedy for Sea-Sickness. It tones up the Tissues and is sometimes prescribed in Fever. Galangal has been Traditionally used in the Treatment of Abdominal Pain, in Treating Cases of Vomiting, as well as in the Treatment of Persistent Hiccups. Remedies made from Galangal Root are also used in the Treatment of Persistent Diarrhea. It is good for Treating Long Term Rheumatoid Arthritis, and Intermittent Fever are Treated using the Herbal Remedies prepared from the Galangal Herb. Galangal Herbal Remedies for the Treatment of Excessive Abdominal Gas, Indigestion, Persistent Vomiting, and Stomach Pain.

The Powder made from the Galangal Herb is used as a Snuff for Catarrh.

Homoeopaths use it as a Stimulant.

The Garlic (*Allium Sativum*):



Garlic has a Long History and was placed by the Ancient Greeks (Theophrastus relates) on the piles of Stones at Cross-Roads as a Supper for Hecate, and according to Pliny Garlic and onion were invoked as Deities by the Egyptians at the taking of oaths. It has also been said that Garlic has Mystical Properties. It reputedly Disperses Depression, Negativity, and Obsessive Thoughts. It Mystically Draws Money and Prosperity. It was also largely consumed by the Ancient Romans. In those Ancient Times, Garlic was Employed as a Specific for Leprosy. It was also believed that it had most Beneficial Results in cases of Smallpox.

It is one of the Most Potent Herbs around. Garlic is a Diaphoretic, a Diuretic, an Expectorant, a



Stimulant. Many Marvelous Effects and Healing Powers have been ascribed to Garlic. It possesses Stimulant and Stomachic. Syrup of Garlic is an invaluable medicine for Asthma, Hoarseness, Coughs, difficulty of Breathing, and most other disorders of the Lungs, being of particular virtue in Chronic Bronchitis, on account of its powers of Promoting Expectoration.

Garlic is also good for Preventing Heart Disease, and is good for Invigorating the Body for having Sex. It also stimulates activity in the Digestive Organs and relieves Indigestion. It also helps to reduce Cholesterol.

It is also supposed to be helpful in keeping a Clear Complexion of the Skin as well as Curing the Open Sores caused by the Plague. It formed the Principal Ingredient in the 'Four Thieves' Vinegar,' which was adapted so successfully at Marseilles for protection against the Plague when it prevailed there in 1722.

It also helps with Ear Aches, the Jaundice, Falling-Sickness, Cramps, Convulsions, the Piles or Hemorrhoids or other Cold Diseases are Helped by Garlic. It helps to Restore most Diseases and Hurts. Having read that it is good for Flues and the Common Cold. Bruised and Mixed with Lard, it has been proved to Relieve Whooping-Cough if Rubbed onto the Chest and between the Shoulder-Blades.

It helps with Women's Periods and is also is supposed to Kill Worms that are in the Digestive Tract. Garlic is a Remedy for Venous Dog and Snake Bites. It is sometimes Externally applied in Ointments and Lotions as an Antiseptic and in the Last Great War it was widely employed to control Infections in Wounds.

An Infusion of the Bruised Bulbs, given before and after every Meal, has been considered of Good Effect in Epilepsy. A Clove or Two of Garlic, pounded with Honey and taken Two or Three Nights successively, is good in Rheumatism. Garlic has also been employed with advantage in Dropsy.

Of Garlic, Nicholas Culpeper wrote:

"This was anciently accounted the poor man's treacle, it being a remedy for all diseases and hurts (except those which itself breed.) It provokes urine, and women's courses, helps the biting of mad dogs and other venomous creatures, kills worms in children, cuts and voids tough phlegm, purges the head, helps the lethargy, is a good preservative against, and a remedy for any plague, sore, or foul ulcers; takes away spots and blemishes in the skin, eases pains in the ears, ripens and breaks imposthumes, or other swellings. And for all those diseases the onions are as effectual."

The Gentian (Gentiana Lutea):



The Native European Herb is found in the Alpine and Sub-Alpine pastures all along the Central and Southern Regions of the Continent. Extensive Cultivations of the Gentian takes place in many Mountainous Regions of the European Continent. Particular Regions in many different European Countries have different forms of the Bitter Alcoholic Beverages are prepared from Gentian. The Root of this Herb is the Part most commonly Employed in Medicine, though the Roots of several other Species are said to be Equally Medicinally Efficacious. The Gentian Root has a Long History of use as a Herbal Bitter in the Treatment of Digestive Disorders and is an Ingredient of many Proprietary Medicines. It contains some of the Most Bitter Compounds known and is used as a Scientific Basis for Measuring Bitterness. It is especially useful in States of Exhaustion from Chronic Disease and in all cases of Debility, Weakness of the Digestive System and Lack of Appetite. The Root is Harvested in the Autumn and Dried for later use. It is the Roots of Plants that have Not Flowered are the Richest in Medicinal Properties.

It is one of the Best Strengtheners of the Liver, Gall Bladder and Digestive System, and is an Excellent Tonic to combine with a Purgative in order to prevent its Debilitating Effects. It is specially useful in States of Exhaustion from Chronic Disease. Many Dyspeptic Complaints are more effectually relieved by Gentian Bitters. The Gentian's Root is an Anthelmintic, Anti-Inflammatory, Antiseptic, and a Bitter Tonic. It is also a Cholagogue, Emmenagogue, Febrifuge, Refrigerant and a Stomachic.

It is taken Internally in the Treatment of Liver Complaints, Indigestion, Gastric Infections and Anorexia. Fevers can be alleviated by its Febrifuge Actions. Gentian is also considered to be a major Anthelmintic Agent which Aids in the Quick Elimination of Intestinal Worms. Gentian is also Prized for its Antiseptic Actions. The Gentian has also been used by Herbalists in Treating Malaria combined with other Medications. Gentian is also useful in the Treatment of Hysteria.

Gentian remedies also aid in stimulating the Menstruation in Women and is used as a Major Emmenagogue,

Of the Gentian, Nicholas Culpeper wrote:

"comforts the heart and preserves it against faintings and swoonings: The powder of the dry roots helps the biting of mad dogs and venomous beasts.... The herb steeped in wine, and the wine drank, refreshes such as be over-weary with traveling, and grow lame in their joints, either by cold or evil lodgings: it helps stitches, and griping pains in the sides: is an excellent remedy for such as are

bruised by falls . . . when Kine are bitten on the udder by any venomous beast, do but stroke the place with the decoction of any of these and it will instantly heal them."

It does have some Contraindications as it should not be prescribed for Patients with Gastric or Duodenal Ulcers. Taking the Gentian Medication in Greater Doses over Three Times per Day can result in an Overdose and Induce Nausea or Vomiting. Expected Mothers and Individuals with Very High Blood Pressure may not Tolerate the Gentian Medication well.

### The Ginger Root (Zingiber Officinale):



Africa is reputedly the Home of the Most Pungent Ginger, while the Milder Varieties are grown mainly in China. There are Strong Varieties of Ginger but for Culinary uses, it is the Milder Varieties of Ginger, while the Stronger and more Pungent Varieties are best to prepare Ginger Beverages such as Ginger Beer, and for use in Therapeutic Herbal Remedies. The Chinese System of Medicine suggest the use of Fresh Ginger for the Treatment Headaches, and to alleviate the Pain and Discomfort of Aching Muscles in the Body.

One of the main benefits of the Herbal Ginger Remedy is its ability to stimulate the Circulatory System. Ginger also helps in bringing an Increased Flow of Blood to the Surface of the Skin which makes Ginger a very important Herbal Remedy for conditions such as Chilblains and to Treat Impaired Circulation along the Hands and Feet. Ginger also effectively helps in controlling High Blood Pressure because of its Affects on Blood Circulation. Ginger also helps to Increase Perspiration of the Body and thus helps in bringing about a reduction in Elevated Body Temperature during Fevers. Ginger Remedies also help in Curing High Cholesterol Problems.

This is a very warming Herb, so one should be careful of using it if you have a sensitivity to "Heat" or "Flushing". Ginger has an infinity as being the perfect Remedy to help reduce Nausea, Travel and Morning Sickness. Ginger is a Hypoglycemic, Lowers Cholesterol, is a Immune System Stimulant and has Anti-Inflammatory Affects, so it is widely used to reduce Inflammation of all sorts. Ginger Compresses are used to Treat Muscular Aches and Pains, they are used in the Treatment of Joint Stiffness, Abdominal Cramps, Kidney Stone Attacks, and Neuralgia in different parts of the Body. Ginger Compresses can also Topically Treat Toothache, can be applied on the External Body to help Treat Bladder Inflammations.

Herbal remedies made from the Ginger have a Warming and Soothing Effect and help alleviate persistent Coughs, all kinds of Colds and Flu, and other related problems of the Respiratory System. The Remedies made from Ginger have a stimulating effect in the Lungs, this result in the clearing of Mucus and helps Relieve Catarrhal Coughs and Related Chest Infections in different Patients.

Ginger is also good for Disorders such as Nausea, Accumulated Intestinal Gas, and Colic. Cases of Motion Sickness and Pregnancy related Morning Sickness can be Treated using Ginger Remedies. The Antiseptic Qualities of Ginger endow it with great and extremely Beneficial Effects to deal with all manners of Gastrointestinal Infections. Its affects on the Digestive System makes it a Good Remedy can effectively treat certain types of Food Poisoning. It has Beneficial Effects on Ulcers. Ginger also alleviates Indigestion, Digestive Disturbances and helps Flatulence. Ginger also helps in Relieving Gripping induced by the presence of Diarrhea. The Stomach as well as the Intestines is invigorated by Herbal Remedies made from Ginger, and also helps in the Stimulation of a Weak Appetite.

When used as Externally as a Cream or Ointment, it is good for Spasmodic Pain, Rheumatism, Arthritic symptoms, Lumbago, and Sprains. Ginger is used as an Oral Anti-coagulant are normally prescribed to Individuals who suffer from Frequent Blood Clots to help keep their Blood Free from Clots.

In Women, Remedies made from the Ginger can be used to help relax the Muscular Spasms and in relieving the Pain present during Ovulation and during Menstrual Periods. Remedies made from Ginger is recommended as an Herbal Tonic to invigorate the Reproductive System as a whole by many Herbalists.

Dried Ginger is good to take for the Treatment of Internal Colds, and for Physical Symptoms such as Cold and Clammy Hands, a weakening of the Pulse Rate, and a Pale or White Complexion in Patients.

The Ginseng (Panax Ginseng):



In recent years Western Culture has become increasingly interested in aspects of Oriental Culture and Medicine. Along with the adoption of such Eastern Medical Practices as Acupuncture and Imaging, many North Americans have been won over to the Healing Effects of the Ginseng Root. It has a Mucilaginous Sweetness, approaching that of Liquorice, accompanied with some degree of Bitterness and a Slight Aromatic Warmth, with little or no Smell.

Ginseng is not seen as a Curative Herb at all and is not in almost universal use as a Herbal Medication due to a Prophylactic or Therapeutic Benefit, but for its main role as a Supportive Herb for the maintenance of Health in People - the Herb is not used to Cure any Particular Disease and its use is thus as a General Immune System Booster. Ginseng Herbal Remedy is also restorative in function and is also used to remedy Impaired Concentration and to boost the Memory, and this Herbal Remedy is used as a General Tonic to Patients under Convalescence and is generally given to strengthen and speed up the Healing Bodies of Patients who are recovering from some Illness.

The Medicinal Powers of Ginseng are unique in the way they affect the Whole Body. According to Ancient Chinese Doctrines, a plant part that resembles a Human Body part will have a Therapeutic Value in that location. That the Ginseng Root resembles the entire Human Form indicates its use as a restorative that will bring the body into Harmony. This Harmony, expressed as the Chinese Philosophy of Yin/Yang, is held to be essential to a Healthy Body and a Peaceful Spirit.

Western Medicine evaluates the effectiveness of Ginseng in a different but complementary way. The Active Ingredients in Ginseng are Complex Carbohydrates called Saponins or Ginsenosides. Individual Ginsenosides appear to have separate effects. Whereas one particular Ginsenoside stimulates the Central Nervous System, another may Sedate the Central Nervous System.

Other Ginsenosides produce such effects as Balancing Metabolic processes, decreasing Blood Sugar, improving Muscle Tone, Stimulating the Endocrine System (including Sex Glands) and maintaining proper Hormone Levels. Research has even shown that Ginseng is effective in maintaining and even restoring the Cell's capacity to function and therefore may reduce a number of Symptoms of Old-Age.

It is considered a Mild Stomach Tonic and Stimulant, useful in loss of Appetite and in Digestive



affections that arise from Mental and Nervous Exhaustion. It is also good for disorders that cause Nausea or Vomiting. It is also good for treating conditions brought on by Dyspepsia, which is also known as an Upset Stomach or Indigestion.

Ginseng stimulates Physical and Mental activity in People who are Tired or Weak Patients. Ginseng defends the Body from the effects of Prolonged Physical Strain. Ginseng acts as a Mental Stimulant without the side effects of other stimulants. Ginseng has been used in the treatment of type II Diabetes.

Ginseng is promoted as an Adaptogen (a product that increases the body's resistance to stress), one which can to a certain extent be supported with reference to its Anticarcinogenic and Antioxidant Properties.

A Recent Studies have identified that out of the Nine Ginsenosides they identified, Seven to have Anti-Inflammatory effects.

The Goldenrod (*Solidago Virgaurea*):



The Famous Herbal Plant, the Goldenrod is an Attractive Medicinal Plant. Its Name is a Testament not only to its Great Medicinal Powers but also to its Beautiful Physical Structure. The Hardy Roots of the Plant allow the Plant to extend its range right up to the Mountainous Regions in many Temperate Countries. Goldenrod is a Safe and Gentle Remedy for a number of Disorders. The Plant is gathered in the Summer and Dried for later use. In particular, it is a Valuable Astringent Remedy for Treating Wounds and Bleeding, whilst it is Particularly Useful in the Treatment of Urinary Tract Disorders, being used both for Serious Ailments such as Nephritis and for more Common Problems such as Cystitis. The Goldenrod Herbal Plant contains Saponins that are Antifungal and Act Specifically against the Candida Fungus which is the cause of Vaginal and Oral Thrush. It also contains Rutin which is used to Treat Capillary Fragility, and Phenolic Glycosides which are Anti-Inflammatory.

Remedies made from the Goldenrod Herb are also Effective in the Treatment of Chronic Sore Throats, in Alleviating Chronic Congestion in the Nasal Passages as well as in Treating Problems such as Diarrhea and other Digestive Disorders.

The Goldenrod Leaves and Flowering Tops are Anthelmintic, Anti-Inflammatory, Antiseptic, Aromatic, Astringent, and Carminative. It is also a Diaphoretic, Mildly Diuretic, Febrifuge and a Stimulant. A Good Vulnerary herb, it has also Proved of Value when used Internally in the Treatment of Urinary Infections, Chronic Catarrh, Skin Diseases, Influenza, Whooping Cough, Bladder and breaking up Kidney Stones. Due to its Mild Action, Goldenrod is used to Treat Gastro-Enteritis in Children. It makes an Excellent Mouthwash in the Treatment of Thrush.

In Powder Form, Goldenrod is used for Cicatrization of old ulcers. It has been Recommended in many Maladies, as it is a Good Diaphoretic in Warm Infusion, and is in this form also helpful in Dysmenorrhoea and Amenorrhoea. As a Spray and given Internally, it is of Great Value in Diphtheria.

The Seed is Anticoagulant, Astringent and Carminative.

A Homeopathic Remedy is made from the Plant. It is used in the Treatment of Kidney and Bladder Disorders, Rheumatism and Arthritis.

Mustard, Orange and Brown Dyes can be obtained from the Whole Plant. A Yellow Dye is obtained from the Leaves and Flowers.

Of the Goldenrod, Nicholas Culpeper wrote:

"Arnoldus de Villa Nova commends it much against the stone in the reins and kidneys, and to provoke urine in abundance, whereby also the gravel and stone may be voided. The decoction of the herb, green or dry, or the distilled water thereof, is very effectual for inward bruises, as also to be outwardly applied, it stays bleeding in any part of the body, and of wounds; also the fluxes of humours, the bloody-flux, and women's courses; and is no less prevalent in all ruptures or burstings, being drank inwardly, and inwardly, and outwardly applied. It is a sovereign wound herb, inferior to none, both for the inward and outward hurts; green wounds, old sores and ulcers, are quickly cured therewith. It also is of especial use in all lotions for sores or ulcers in the mouth, throat, or privy parts of man or woman. The decoction also helps to fasten the teeth that are loose in the gums."

The Goldenseal (*Hydrastis Canadensis*):



Goldenseal is a Traditional Medicine of the North American Aboriginal Natives and is still widely used in Western Herbal Medicine. In the Nineteenth Century it acquired a Reputation as a Heal-All and was Grossly Over-Collected from the Wild and has become Rare in the East of its Range. It is now being Cultivated on a Small Scale. The Root is the Active Part of the Plant, it is Harvested in the Autumn after the Plant has Died Down and is Dried for later use.

It is especially Valued in Treating Disorders of the Digestive System and Mucous Membranes and is also Extremely Useful in the Treatment of Habitual Constipation.

It is an Antiperiodic, Antiseptic, Astringent, Cholagogue, Diuretic, Laxative, a Stomachic, and a Tonic. It is used mainly in the Treatment of Disorders affecting the Ears, Eyes, Throat, Nose, Stomach, Intestines and Vagina. The Root increases Bile Secretions, Acts as an Anticonvulsant, a Mild Sedative and Lowers Blood Pressure. Many Congested Conditions in the Human Body can be Treated using the Goldenseal Remedy. These include Sluggish Venous Conditions, such as Varicose Veins and Disorders such as Hemorrhoids.

An Infusion of the Root is used Externally as a Wash for Skin Diseases, Vaginal Infections, and Gum Diseases. It is Applied to Sore Eyes. This Infusion is used as a Mouthwash for Treating Infected Gums in Patients. Psoriasis of the Skin is also Treated using Goldenseal this Infusion.

It is a Valuable Remedy in the Disordered Conditions of the Digestion and has a Special Action on the Mucous Membrane, making it of Value as a Local Remedy in Various Forms of Catarrh.

Goldenseal Based Remedies are also used for Disorders of the Respiratory System including disorders like Sinusitis, all kinds of Colds and Flu, problems like Tonsillitis, and conditions such as Pharyngitis, Laryngitis.

In Chronic Inflammation of the Colon and Rectum, Injections of Goldenseal Hydrastine are often of Great Service, and it has been used in Hemorrhoids with Excellent Results. The Powder of Goldenseal has proved useful as a Snuff for Nasal Catarrh. Goldenseal has been proven to be Quite Effective in the Treatment of Diarrhea induced by the presence of Toxic Pathogens such as the Bacterium which causes Cholera.

A Goldenseal Root Based Compound is very effective in the Treatment of Inflammations affecting the Cornea and the Iris Arising as a Result of Infection from the Herpes Virus.

Heavy Menstrual Bleeding is also Actively Reduced by Remedies made from Goldenseal. This Remedy is Extensively Used to Aid the Continuous Bleeding following the Birth of a Child called Postpartum Hemorrhage. Pregnant Women must Avoid taking the Goldenseal Herbal Remedy. Vaginal Yeast Infection is Treated using a Douche made from the Goldenseal.

A Yellow Dye is obtained from the Whole Plant. The Pounded Root is Smeared on the Body to Act as an Insect Repellent.

This Herbs does have some Contraindications as the use of this Plant Destroys Beneficial Intestinal Organisms as well as Pathogens, so it should only be Prescribed for Limited Periods to a Maximum of Three Months. The Plant should be used with Caution, and not at all during Pregnancy or by People with High Blood Pressure.

The Good King Henry (Chenopodium Bonus-Henricus):



It is a Dark-Green, Succulent Plant, about 2 feet, high, rising from a Stout, Fleshy, Branching Root-Stock, with Large, Thickish, Arrow-Shaped Leaves and Tiny Yellowish-Green Flowers in Numerous Close Spikes. The Young Leaves can be Eaten Raw or Cooked. The Leaves are best in Spring and Early Summer. The Raw Leaves should only be eaten in Small Quantities since they contain some Oxalic Acid which in large quantities can lock up some of the Nutrients in Food although Cooking Good King Henry will reduce the amount of Oxalic Acid in it. Young Leaves can be chopped and used as a small part of Mixed Salads, though we are not enamored by their Flavour. The Cooked Leaves make an acceptable Spinach substitute, but are best mixed with Nicer Leaves. The Leaves are a Good Source of Iron. Young Flower Buds, when Cooked are considered to be a Gourmet Food, The Seed, when Ground and Mixed with Flour then used in making a type of Bread.

The Good King Henry is an Emollient, a Laxative and a Vermifuge.

A Poultice of the Leaves of Good King Henry has been used to Cleanse and Heal Chronic Sores, Boils and Abscesses.

The Seed is a Gentle Laxative that is suitable for Children.

The Plant is said to have been used in Germany for Fattening Poultry and was called there Fette Henne, of which one of its popular names, Fat Hen, is the translation. The Roots were once given to Sheep as a remedy for their Coughs.

It does have one Contraindication that since it contains Oxalic Acid, this remedy should not be used by people suffering from Kidney Complaints or Rheumatism.

**The Gravel Root (Eupatorium Purpureum):**





The Plant's Alternative name "Joe Pye Weed" is in Honor of the Native American Aboriginal who said to have used it to cure New Englanders of Typhus. Native Americans used Gravel Root as a Diuretic and for conditions affecting the Genitourinary System. Gravel Root was listed in the Pharmacopoeia of the United States from 1820 to 1842. Gravel Root was used by the Native North American Aboriginal as a Diaphoretic to Induce Perspiration and Break a Fever. The Gravel Root Herbal Plant was quickly adopted by the White Settlers and still finds a use in Modern Herbalism. The Leaves and Flowering Stems are Harvested in the Summer before the Buds Open and are Dried for later use. The Roots are Harvested in the Autumn and Dried for later use.

The Whole Plant, but especially the Root, is an Astringent, Diuretic, Nervine and Tonic. It works particularly on the Genito-Urinary System and the Uterus. Especially Valuable as a Diuretic and Stimulant. A Tea made from the Roots and Leaves has been used to Eliminate Stones from the Urinary Tract, to Treat Incontinence in Children, Cystitis, Urethritis, and Impotence. It is also helpful in Treating Rheumatism and Gout by increasing the Removal of Waste from the Kidneys. Gravel Root is also considered a Valuable Remedy in Dropsy, Strangury, Gravel, and has a Special Influence upon Chronic Renal Troubles and Prostate Enlargement.

The Green Tea (Cammellia Sinensis):



Organic Oriental Green Tea is High in Antioxidants and other Vital Properties. Green Teas have endured as one of the Most Revered and Consumed Beverages for thousands of years. Chinese legend dates Green Tea back to 2737 BC, when the Emperor Shen Nong was Boiling Water next to an Open Window, and Tea Leaves blew through the Window and into the Pot. The Shen Nong then drank the Concoction, and enjoyed it so much that this Green Tea soon became a Favorite Beverage all through China. Aside from Drinking Tea for Pleasure and Enjoyment, the Chinese have also used it as an Indispensable Medicinal Tool and have Treated a host of Maladies and Illnesses through its continued use. Today, Tea is chiefly produced by Two Former British Colonies today, India and Sri Lanka, formerly Ceylon. The stimulant Alkaloid Caffeine is present in Tea aside form another similar Alkaloid Thein. The word "Tea" as a generic term Tea is also used as a description for many other Local Beverages and Herbal Drinks made using the Leaves of a vast array of other Plants.

It is also Good for Relieving Pain of Arthritis, and helps to prevent Heart Disease. Tea is helpful in the Treatment of various Infections, especially those affecting the Digestive Tract. Tea is also used for the Treatment of various Eye problems. Green Tea is also used in the treatment of Hemorrhoids, to treat Physical Tiredness and Fatigue, and to bring down Fevers.

The Leaves of the Green Tea Plant can also be used as a Topical Herbal Measure for the External Treatment, and to soothe a variety of Insect Bites and problems like Sunburn.

Also, University Researchers have found that Drinking Green Tea helps to Inhibit the Growth of Cancer and helps to keep Cholesterol down.

Of Green Tea, Nicholas Culpeper wrote:

"Tea, at present, is more used for pleasure than as a medicine. Green Tea, however, is diureic, and carries an agreeable roughness with it into the stomach, which gently astringes the fibres of that organ, and gives such a tone as is necessary for a good digestion: the Bohea is softening and nutritious, and proper in all inward decays. Strong tea, however, is prejudicial for weak nerves, and especially for children; but at times, is very salutary for violent head-achs and sicknesses by inebriation."

Grindelia (Grindelia Camporum):



The Grindelia Herbal Plant is a Perennial Herb that can grow to about 3ft when fully mature. The Herb is Characterized by possessing Triangular Leaves similar to the Scottish Thistle and Yellow Orange Flowers that Resemble the Flowers of the Dandelion. Grindelia was used by the Native North American Aborigines to Treat Bronchial Problems and also Skin Afflictions such as Reactions to Poison Ivy. The Plant is Harvested when in Full Bloom and can be used Fresh as a Poultice or Dried for Infusions.

It is still used in Modern Herbalism where it is Valued Especially as a Treatment for Bronchial Asthma and for States where Phlegm in the Airways Impedes Respiration. In addition, it is believed to Desensitize the Nerve Endings in the Bronchial Tree and slow the Heart rate, thus leading to Easier Breathing.

The Dried Leaves and Flowering Tops are an Antiasthmatic, Anti-Inflammatory, Antispasmodic, Expectorant and a Sedative. The Principal Use of this Herb is in the Treatment of Bronchial Catarrh, especially when there is an Asthmatic Tendency. It is also used to Treat Whooping Cough, Hay Fever, and Cystitis. The Active Principle is Excreted from the Kidneys, and this sometimes produces signs of Renal Irritation.

Grindelia is also an Expectorant and a Sedative, with an Action Resembling Atropine. It relieves Dyspnoea due to Heart Disease.

Externally, the Grindelia Herbal Plant is used to Treat Burns, Poison Ivy Rash, Dermatitis, Eczema and Skin Ulcers. A homeopathic remedy is prepared from the leaves and flowering stems. The Grindelia causes the Skin to Heal Speedily is Boosted by Topical Application of a Poultice made from the Grindelia Herb.

The Herb does have some Contraindications and should not be Prescribed for Patients with Kidney or Heart Complaints.

The Ground Ivy (Glechoma Hederacea):



Ground Ivy is a Herbaceous Perennial Plant that Grows 20 cm to 50 cm in Height on a Square Stem Bearing Round, Dentate Leaves. The Flowers are a Purplish-Blue, tending towards Light Mauve, for Flowering can last up to 3 Months. The Leaves give off a Smell which is similar to Citronella or Peppermint. At one time Ground Ivy was Highly Favored. But today, Homeowners regard this Violet-Blue-Flowered Plant as a Weed because it takes over Lawns. Herbalists Virtually Ignore Ground Ivy, Mainly Prescribing it as a Tea for Persistent Coughs. They are Best Harvested in May whilst still Fresh, and are Dried for later use.

Ground Ivy is a Safe and Effective Herb that is used to Treat many Problems involving the Mucous Membranes of the Ear, Nose, Throat and Digestive System. A Well-Tolerated Treatment it can be given to Children to Clear Lingering Catarrh and to Treat Chronic Conditions such as Glue Ear, Sinusitis, Throat and Chest Problems.

The Leaves and Flowering stems are an Anodyne, Antiphlogistic, Appetizer, Astringent, and a Digestive. It is also a Diuretic, Febrifuge, and Pectoral. Not only that, it is a Gentle Stimulant, Tonic and Vermifuge as well. Remedies for Coughs and Nervous Headaches. It is also good for Treating Consumption. The leaves are used in the Treatment of Hypersensitivity in Children and are useful in the Treatment of Kidney Diseases, Indigestion and Intestinal Gas.

Applied Externally, the Expressed Juice Speeds the Healing of Bruises and Black Eyes. Compresses made from a Concentrated Decoction are used to Treat Wounds, and Cuts. The Infusion is also used with advantage as a Wash for Sore and Weak Eyes. Ground Ivy is said to make an Excellent Poultice for Abscesses, Gatherings and Tumours. In America, Painters used the Ground Ivy as a Preventive of, and Remedy for Lead Colic

A Snuff made from the Dried Leaves of Ground Ivy will Render Marked Relief against a Dull, Congestive Headache of the Passive Kind. It is also good for Treating Sinusitis.

Ground Ivy Sap or Herbal Tea has been Administered to Treat Asthma, Coughs, Consumption, Fevers, and Ulcers in the Lungs.

Of the Ground Ivy, Nicholas Culpeper referred to it as "Ale-Hoof" and wrote: " it is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular herb for all inward wounds, exulcerated lungs, or other parts, either by itself, or boiled with other the like herbs; and being drank, in a short time it easeth all griping pains, windy and choleric humours in the stomach, spleen or belly; helps the yellow jaundice, by opening the stoppings of the gall and liver, and melancholy, by opening the stoppings of the spleen; expelleth venom or poison, and also the plague; it provokes urine and women's courses; the decoction of it in wine drank for some time together, procures ease to them that are troubled with the sciatica, or hip-gout: as also the gout in hands, knees or feet; if you put to the decoction some honey and a little burnt alum, it is excellently good to gargle any sore mouth or throat, and to wash the sores and ulcers in the privy parts of man or woman; it speedily helpeth green wounds, being bruised and bound thereto. The juice of it boiled with a little honey and verdigrease, doth wonderfully cleanse fistulas, ulcers, and stayeth the spreading or eating of cancers and ulcers; it helpeth the itch, scabs, wheals, and other breakings out in any part of the body. The juice of celandine, field-daisies, and ground-ivy clarified, and a little fine sugar dissolved therein, and dropped into the eyes, is a sovereign remedy for all pains, redness, and watering of them; as also for the pin and web, skins and films growing over the sight; it helpeth



beasts as well as men. The juice dropped into the ears, doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will clarify it in a night, that it will be the fitter to be drank the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours."

The Groundsel (Senecio Aureus):



The Groundsel is a Perennial Wild Flower Species of the Daisy Family of Plants. It reaches about One Half to Two Meters in height. A Small Rosette of Basal Leaves approximately Six to Eight Inches Across is found at the Base of Each Plant. The Basal Leaves have Blades that are Normally Two Inches in Length and Two Inch Wide. The Remedies made from the Groundsel was found to be of great use by North American Aboriginal Women facing the Pains of Childbirth. It was Traditionally used to Speed Up a Protracted Labor. The Early Colonists made similar use of this Herbal Plant, and many Herbalists in 19th-Century America placed Great Faith in the Groundsel as a Remedial "Female Regulator." These Herbalists Employed the Plant to Treat many types of common as well as Rare Disorders including Excessive Vaginal Discharge as well as all kinds of Menstrual Problems and Menopause. The Herbal Plant can be Harvested in May and Dried for later use, or the Fresh Juice can be Extracted and used as required.

Groundsel has a Long History of Herbal use and is still often used by Herbalists. The

Whole Herb is used and is an Anthelmintic, Antiscorbutic, Diaphoretic, Diuretic, Emmenagogue and Purgative. The Remedy made from Groundsel was also used Extensively to Treat Problems including Dysentery, Neuralgia and Rheumatism. Groundsel remedy is also used in Boosting a Feeble Appetite and to Alleviate Back Aches.

It is often used as a Poultice and is said to be useful in Treating Sickness of the Stomach.

A Weak Infusion is used as a Simple and Easy Purgative.

A Homeopathic Remedy is made from this Herb and is used in the Treatment of Menstrual Disorders and Nose Bleeds.

Of Groundsel, Nicholas Culpeper wrote:

"it is very safe and friendly to the body of man: yet causes vomiting if the stomach be afflicted; if not, purging: and it doth it with more gentleness than can be expected; it is moist, and something cold withal, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in purges and vomits. Lay by our learned receipts; take so much Sena, so much Scammony, so much Colocynthis, so much infusion of Crocus Metallorum, &c. this herb alone preserved in a syrup, in a distilled water, or in an ointment, shall do the deed for you in all hot diseases, and, shall do it, 1, Safely; 2, Speedily. The decoction of this herb (saith Dioscorides) made with wine, and drank, helps the pains of the stomach, proceeding of choler, (which it may well do by a vomit) as daily experience shews. The juice thereof taken in drink, or the decoction of it in ale, gently performs the same. It is good against the jaundice and falling sickness, being taken in wine; as also against difficulty of making water. It provokes urine, expels gravel in the reins or kidneys; a dram thereof given in oxymel, after some walking or stirring of the body. It helps also the sciatica, griping of the belly, the cholic, defects of the liver, and provokes women's courses. The fresh herb boiled, and made into a poultice, applied to the breasts of women that are swollen with pain and heat, as also the privy parts of man or woman, the seat or fundament, or the arteries, joints, and sinews, when they are inflamed and swollen, doth much ease them; and used with some salt, helps to dissolve knots or kernels in any part of the body."

The Groundsel does have some Contraindications as it should be used with Caution. This Plant should not be used by Pregnant Women. All parts of the Plant are Poisonous to many Mammals, including Humans. The Toxin Affects the Liver and has a Cumulative Affect.

The Guaiacum (Guaiacum Officinale):



An Ornamental Evergreen Tree with Pretty Rich Blue Flowers, the Trunk is a Greenish-Brown Colour, the Wood of Slow Growth but attains a height of 40 to 60 feet, Stem almost always Crooked, Bark Furrowed. The Wood is Extraordinarily Heavy, Solid and Dense. The Fruit is an Obcordate Capsule. The Leaves are sometimes used as a Substitute for Soap. One Highly Dramatic Non-Medicinal use is based on the fact that, combined with an Alcohol Solution, the Resin turns Blue when it comes into contact with Bloodstains. Hence it serves Police and other Investigators in finding Bloodstains that might go Undetected.

Guaiacum Wood is a Mild Laxative and a Diuretic. For Tonsillitis it is given in Powdered Form. Because of the Anti-Inflammatory Property, the substances are used in Pharmaceutical Preparations for Sore Throats.

Specially Useful for Rheumatoid Arthritis, Chronic Rheumatism and Gout, relieving the Pain and Inflammation between the Attacks, and Lessening Their recurrence if Doses are continued.

It acts as an acrid stimulant, increasing heat of body and circulation; when the Decoction is taken Hot and the Body is Kept Warm, it acts as a Diaphoretic,

The Wood is Very Little used in Medicine but was brought into Notice as a Treatment for Syphilis, Skin Diseases and Scrofula.

The Hawthorn Berry (*Crataegus Oxyacantha*):



The Hawthorn is the Badge of the Ogilvies. In many Medieval Country Villages believed that Hawthorn Flowers still bear the Smell of the Great Plague of London. The Tree was formerly regarded as Sacred, probably from a Tradition that it furnished the Crown of Thorns. The device of a Hawthorn Bush was chosen by Henry VII because a Small Crown that had fallen from the Helmet of Richard III was discovered hanging on it after the Battle of Bosworth Hill, hence the saying, 'Cleve to thy Crown though it hangs on a Bush'.

It is a Cardiac Stimulant, a Diuretic, and an Astringent. Mainly used as for Cardiac Healing Organic and Functional Heart Troubles. Both the Flowers and Berries have Astringent Properties and it Herbal Tea can be used to Cure Sore Throats. It is used as a Diuretic which is useful for treating Dropsy and sorting Kidney Troubles.

The Hawthorn is one of the best Herbal Remedies which help to boost the Heart Performance and the Circulatory System in general. When the Hawthorn's Flowers, Leaves and the Berries of the Herb are consumed, they open up the Arteries to promote Circulation and improve the Blood Supply to all the General Tissues in the Body.

Problems connected to Poor Circulation caused by Aging Arteries, Poor Memory and Confusion can all be remedied by supplementation with the Hawthorn Herb. And since it helps improve Circulation, which helps the Brain Function Better, Hawthorn Herbal Remedies also have an Relaxing Effect on the Nervous System, Relieving Excessive Stress and Anxiety, and it helps in Calming Mental Agitation, lessens Restlessness and reduces Nervous Palpitations. The herb also helps to induce Sleepiness in People affected by Insomnia.

Hawthorn Berry's Astringent effect has a Very Effective in the Treatment of problems such as Diarrhea and Dysentery. The Digestive System also benefits from Hawthorn as it has a Relaxant Action and also

boosts the Appetite. At the same time, it acts in relieving Abdominal Distension as it helps with the removal of Food Stagnation in the Intestinal Tract.

The Herb is helpful to Women in Menopause, as it aids in removing Debility or Night Sweats.

The Henbane (*Hyoscyamus Niger*):



Warning, Warning, Warning!: This Herb Is Poisonous!

Henbane has also been used in many murders, such as in 1910 when the infamous Dr. Crippen murdered his Wife with a Poison derived from Henbane before attempting to flee the country with his mistress.

Henbane is a Biennial Plant. It has a long, thick, Spindle-Shaped, Corrugated Root, which is of a Brown Color Externally. The Leaves are Large, Oblong, Acute, Alternate, and of a Pale, Dull Green Color. The Flowers are Funnel-shaped, of a Dull Yellow Color. The Seeds are Many, Small, Obovate, and Brownish. Being a Biennial, it was formerly considered that the Second Year's Growth was thought to contain a considerably larger percentage of Alkaloid than either the first year's growth and only the actual Flowering Tops was where most of the Alkaloids exist. The Leaves should be collected when the Plant is in Full Flower are collected in June or the first week of July .

It is Entirely Poisonous in all its Parts, and neither Drying, Boiling, or Cooking Destroys the Toxic Principle. The Leaves are the Poisonous Part. Even the Odour of them when Fresh will produce Toxic Affect. Accidental cases of poisonings are not very common, as the Plant has too unpleasant a Taste and Smell to be readily mistaken for any Edible Vegetable. But its Roots, which are similar to other Edible



Roots Vegetables, have sometimes been Gathered, Cooked, and Eaten. In some cases, some people have mistaken them for Parsnips, and have been Cooked them into a Soup. The people who ate them suffered severely, being soon seized with indistinctness of Vision, Giddiness and Sleepiness, followed by Delirium and Convulsions.

Henbane Leaves are the part of the Plant that is used in all Pharmaceuticals. It should be used right away as it is not as strong after being kept for more than a Year. The Official Drug consists of the Fresh Leaves, and Flowering Tops. The Drug is preferably given in the form of the Fluid Extract or Tincture.

Henbane is used extensively in Herbal Medicine as a Sedative and Painkiller. Henbane is specifically used for Pain affecting the Urinary Tract, especially Pain due to Kidney Stones, and is also given for Abdominal Cramping. Its Sedative and Antispasmodic Effect that makes Henbane a valuable Treatment for the Symptoms of Parkinson's Disease relieving Tremor and Rigidity during the early stages of the Illness. Henbane has also been used to Treat Asthma and Bronchitis, usually as a "Burning Powder" or in the form of a Cigarette. Its Essential Oil applied Externally can relieve Painful-Conditions such as Neuralgia, Sciatica, and Rheumatism. Henbane reduces Mucus Secretions, as well as Saliva and other Digestive Juices. Like its cousin Deadly Nightshade, Henbane Dilates the Pupils. One of Henbane's Active Components, Hyoscine, is sometimes used as a substitute for Opium. Hyoscine is commonly used as a Preoperative Anesthetic and in Motion sickness Formulations.

The Root is not employed in Medicine, but the Seeds not only possess all the properties of the Plant, but have ten times the strength of the leaves. The Seeds should be gathered in August.

It is an Antispasmodic, Hypnotic, and Mild Diuretic. It tends to check Secretion and to relax spasms of the Involuntary Muscles. It is used to allay Nervous Irritation, in various forms of Hysteria or Irritable Cough, in the form of a Tincture or Juice prepared from the Bruised Fresh Leaves and tops being given in mixtures as an Antispasmodic in Asthma. Combined with Silver Nitrate, it is especially useful in the treatment of Gastric Ulcer and Chronic Gastric Catarrh. In small repeated doses Henbane has been found to have a Tranquillizing effect upon persons affected by Severe Nervous Irritability, producing a tendency to Sleep not followed by the disorder of the Digestive Organs and Headache, which too frequently result from taking doses of other types of Opiates.

It was due to its Intoxicating affects in inducing Sleep that it used to be used as an Ingredient for making Beer in Bavaria. Since it used to cause People to become Sick due to its being used in Brewing Beer, the Kaiser of Bavaria banned it from being used in Beer Brewing in the 1516 Bavaria Purity Laws.

Herb Bennet (Geum Urbanum):



The Avens, belonging to the order Rosaceae, its Genus being nearly related to the Potentilla Genus, is a Common Wayside Plant in Great Britain, abundant in Woods and Hedges in England, Ireland and southern Scotland, though becoming scarcer in the north. It is Common in the greater part of Europe, Russia and Central Asia.

The Plant derives its Name of Avens from the Latin Avencia, Mediaeval Latin, Avantia or Avence, a word of obscure origin and which in varieties of Spelling has been applied to the Plant from Very Early Times. The Botanical Name, Geum, originated from the Greek Geno, to yield an Agreeable Fragrance, because, when Freshly Dug Up, the Root has a Clove-Like Aroma. This gives rise to another Name, Radix Caryophyllata or Clove Root.

#### Edible Uses:

Young Leaves - Cooked. Root - Cooked. Used as a Spice in Soups or Stews and also as a Flavouring in Ale. It is a substitute for Cloves with a hint of Cinnamon in the Flavour. It is best used in Spring. The Root is also Boiled to make a Beverage. The Root is up to 5cm Long.

#### Medicinal Uses:

Wood Avens is an Astringent Herb, used principally to Treat Problems affecting the Mouth, Throat and Gastro-Intestinal Tract. It tightens up Soft Gums, Heals Mouth Ulcers, makes a good Gargle for Infections of the Pharynx and Larynx, and reduces Irritation of the Stomach and Gut. All Parts of the Plant, but especially the Root, are Anti-Inflammatory, Antiseptic, Aromatic, Astringent, Diaphoretic, Febrifuge, Stomachic, Styptic and a Tonic. An Infusion is taken Internally in the Treatment of Diarrhoea, Intestinal Disorders, Stomach Upsets, Irritable Bowel Syndrome and Liver Disorders, it is also Applied Externally as a Wash to Haemorrhoids, Vaginal Discharges and to Treat Various Skin Afflictions - it is said to Remove Spots, Freckles and Eruptions from the Face.

The Root is best Harvested in the Spring, since at this time it is most Fragrant. Much of the Fragrance can be lost on Drying, so the Root should be Dried with Great Care then stored in a Cool Dry Place in an Airtight Container, being Sliced and Powdered only when required for use. The Powdered Root had a great reputation as a substitute for Quinine in the Treatment of Intermittent Fevers.

Of the Herb Bennet, Nicholas Culpepper wrote:

"It is governed by Jupiter and that gives hopes of a wholesome healthful herb. It is good for the diseases of the chest or breath, for pains and stitches in the sides, it dissolveth inward congealed blood occasioned by falls and bruises and the spitting of blood, if the roots either green or dried be boiled in wine and drunk. The root in the spring-time steeped in wine doth give it a delicate flavour and taste and being drunk fasting every morning comforteth the heart and is a good preservative against the plague or any other poison. It is very safe and is fit to be kept in every body's house."

The Herb Robert (*Geranium Robertianum*):



Herb Robert is a rather Fanciful looking Plant with Light to Dark Foliage which spreads out like a Fan from Dark Red Stems which smell of Iodine. Plants thrive in Shady, Damp Places, Growing Very Quickly, Flowering Profusely, and Self Seeding readily. If the Herb Robert Leaves are Picked Regularly, the Bush will produce a Bounty of Leaves, provided it is Fed and Watered consistently. The Herb Robert is cut when Flowering and the Roots are Harvested in late Fall. The Herb Roberts Seeds seem to find their way to all sorts of Places and settle in quite easily ensuring a Good Crop the following Year.

Herb Robert may be used Fresh or Dried, in Decoction, Infusions, Powder, and Tinctures. It contains significant amounts of Vitamins A, B and C as well as Calcium, Potassium, Magnesium, Iron, Phosphorous and Germanium. This Herb's Actions is one of the Most Outstanding Herbs that we can use as an Enhancer of the Immune System.

Scientists, Botanists and Herbalists have taken notice over the Past Few Years that Herb Robert is especially abundant in High Radiation Zones, whether the Radiation is Emitted from Hydro Electrical Lines Above or Below Ground or Geopathic Stress Zones. Radiation Testing of the Soil in some Areas has been conducted and the Areas in which this Herb Robert grows has a Lesser Radiation Levels. It is

suspected that this Herb Absorbs Radiation from the Soil and Disperses it. Not only does it help the Soil but it has also Helped Animals and People to Lower Radiation Levels.

The First Nations Aboriginal Natives have used Herb Robert internally for Diarrhea, Gastrointestinal Infections, Peptic Ulcers and Intestinal Bleeding.

The Leaves are Anti-Rheumatic, an Astringent, Mildly Diuretic and Vulnerary. Modern research has shown that the Infusion of the Leaves can Lower Blood Sugar Levels and so it can be useful in the Treatment of Diabetes. The Leaf Infusion is also used in the Treatment of Bleeding, Stomach Ailments, Kidney Infections, and Jaundice

Externally this Herb has been used for Wound Healing, Bruises, Skin Eruptions and Herpes. A Wash or Poultice of the Entire Herb Robert Plant is applied to Swollen and Painful Breasts, Rheumatic Joints, Bruises, and Bleeding

No insect pest bother it; it is said the smell of the leaves act as an Insect Deterrent and can be used in Animals' Bedding,

Herb Robert does have some Contraindications as taking too much can cause Severe Diarrhea due to the Risk of Dehydration and should be taken for Medicinal Purposes with the Guidance of a Health Care Professional or Herbologist.

The Holly (*Ilex Aquifolium*):



Holly, the most important of the English Evergreens, forming one of the most striking objects in the Wintry Woodland, with its Glossy Leaves and Clusters of Brilliant Scarlet Berries, is in the general mind closely connected with the festivities of Christmas, having been from very early days in the History of the UK Islands gathered in great quantities for Yuletide decorations, both of the Church and of the Home. Christmas Decorations are said to be derived from a custom observed by the Romans of

sending Boughs, accompanied by other Gifts, to their friends during the Festival of the Saturnalia, a custom the early Christians adopted. An excellent Hedge Plant, tolerating Hard Clipping and Maritime Exposure and forming a Dense Stock-Proof Shelter. Plants are fairly slow growing however.

Holly is little used in Modern Herbalism. Holly was also formerly used as a Diaphoretic and an Infusion of them was given in Catarrh, Pleurisy and Smallpox. They have also been used in intermittent fevers. The Holly is used in Bach Flower remedies - the keywords for prescribing it are "Hatred", "Envy", "Jealousy" and "Suspicion". The Holly's Leaves contain Caffeine, and Pioneers sometimes used them as a substitute for imported Coffee or Tea.

The Leaves is a Diaphoretic, an Expectorant, a Febrifuge and a Tonic. They can be use Fresh at almost any time of the year or can be Harvested in Late Spring and Dried for later use. They are used in the treatment of Intermittent Fevers, Rheumatism, Catarrh, and Pleurisy.

The Juice of the Fresh Leaves has been successfully used in the Treatment of Jaundice.

The Root has been used as a Diuretic, though there are more effective Diuretics available.

The Holly's Berries have been used in the Treatment of Dropsy and as a Powder which is used as an Astringent to check bleeding although they do have some Major Contraindications.

Of Holly, Nicholas Culpeper wrote:

"The berries expel wind, and therefore are held to be profitable in the cholic. The berries have a strong faculty with them; for if you eat a dozen of them in the morning fasting when they are ripe and not dried, they purge the body of gross and clammy phlegm: but if you dry the berries, and beat them into powder, they bind the body, and stop fluxes, bloody-fluxes, and the terms in women. The bark of the tree, and also the leaves, are excellently good, being used in fomentations for broken bones, and such members as are out of joint. Pliny saith, the branches of the tree defend houses from lightning, and men from witchcraft."

Of course, there is the Contraindication that Holly Berries are Toxic, especially to Children, and should not be used Medicinally except under Professional Supervision as they are Violently Emetic and Purgative.

Honey (Apis Mellifera):





Since Honey is Bee Processed Pollen of Herbal Flowers, I have included Honey into this De Materia Medica.

The first I ever heard of Honey being used in Medicine was from a Program on Egyptology, which mentioned the Healing Properties of Honey! Honey can be used as an Ointment for Cuts and Burns. It says in the Hieroglyphics of an Ancient Egyptian Physician's Tomb that when the Honey is put on a Wound, its Healing Sugars goes straight into the Wound, and gives Nutrients to the Wound and helps it Heal Faster. As, the Egyptians found that the Honey has an Antibacterial Affect that helps keep Infections Out! It seems that Honey has a Protective Property that Protects the growing Bee Larva from being Infected by Outside Germs. That Protective Property, once applied to a Wound, does the same thing, and keeps Infection Causing Germs out of the Wound.

Honey is formed by Honey Bees Eating and Regurgitating Flower Nectar several times until it comes to the desired Quality. It does have the ability to stay Preserved for long periods of time without going Bad. There have been Historical Examples of Honey staying Preserved for Decades and even Centuries. Honey is mainly Fructose and Glucose that comes from the Nectar of Flowers with trace amounts of several Vitamins and Minerals.

The collection of Honey is one of Humanity's Most Ancient Activities going back some 10,000 years which is Chronicled in Cave Paintings in Valencia Spain. It was even used as an Embalming Agent in Ancient Egypt during the Mummification Process.

For at least 2700 years, Honey has been used by Humanity to treat a variety of Ailments through Topical Application. Wound Gels that contain Antibacterial Raw Honey and have Regulatory Approval for Wound Care are now available to help Conventional Medicine in the Battle against Drug Resistant Strains of Bacteria. As an Antimicrobial Agent Honey may have the potential for treating a variety of Ailments. Honey is primarily a saturated mixture of two monosaccharides. In addition to the Excellent Medicinal Properties, Honey is supposed to be a Good Thirst Quencher. Arabs take Honey and Water across Deserts.

Honey has Low Water Activity as most of the Water Molecules are associated with the Honey's Sugars and few Water Molecules remain available for Microorganisms to Grow. The pH of Honey is commonly between 3.2 and 4.5. This relatively Acidic pH Level is what helps to prevent the growth of many



Infectious Bacteria.

Honey has also been used for Centuries as a treatment for Sore Throats and Coughs. Mixed with Lemon Juice and Consumed Slowly, Honey Coats the Throat, Alleviating Discomfort. The Topical use of Honey may reduce Wound Odors, Swelling, and Scarring when used to Treat Wounds. It has also been used to prevent the a Wound's Dressing from Sticking to the Healing Wound. Honey Mixed with Water and Vinegar was also used to help Expel Parasitic Worms.

Honey has been used to help Treat Heart Disease by making a paste of Honey and Cinnamon Powder then spread on Bread and fed to the Patient. This helps to reduce the Cholesterol in the Arteries and helps the Patient recover from their Heart Disease Affliction. There is also reference that eating Honey can help cure Stomach and Bone Cancer.

There are also other Medicinal Benefits of mixing Honey with Cinnamon. To help Treat Arthritis, take one part Honey to two parts of Lukewarm Water and add a Small Teaspoon of Cinnamon Powder, make a Paste of it and Massage it on the Aching Part of the Body Slowly. It is noticed that the Pain Recedes within a minute or two. Arthritis patients may take Daily, Morning and Night, One cup of Hot Water with two spoons of Honey and one small teaspoon of Cinnamon Powder. If taken regularly, the Pain of even Chronic Arthritis can be Reduced.

Those suffering from Hair Loss or Baldness, may try applying a Paste of Hot Olive Oil, one tablespoon of Honey, one teaspoon of Cinnamon Powder before Bath and keep it for approx. 15 min. And if you don't want to take Viagra, Yunani and Ayurvedic Medicine have been using Honey for thousands of years to strengthen the Semen of Men. If Impotent Men regularly take two tablespoon of Honey before going to Sleep, their problem will be solved.

Daily use of Honey and Cinnamon Powder strengthens the Immune System and protects the body from Bacteria and Viral attacks. Honey taken with Cinnamon Powder Cures Stomach Aches and also clears Stomach Ulcers from the Root. For Bladder Infections, make an Infusion of Cinnamon Powder and Honey. It destroys the Germs in the Bladder. Cinnamon Powder Sprinkled on Honey and then taken before Eating, relieves Acidity and helps to Digest the heaviest of Meals.

For Lengthened Longevity, Tea made with Honey and Cinnamon Powder, when taken regularly arrests the ravages of Old Age. It keeps the Skin Fresh and Soft and arrests Old Age. Life Spans also increases and even a 100 year old person, starts performing the Chores of a 20-year-old. Honey and Cinnamon Pastes applied to the Face also helps prevent Pimples. It also helps all sort of Skin Conditions such as Eczema and Ringworm.

In order to help the Obese loose Weight, drink a Honey/Cinnamon Tea each morning 1/2hour before breakfast on an Empty Stomach and at night before Sleeping. If taken regularly it reduces the Weight of even the most Obese person.

I was Surprised to find that Honey does have some Contraindictions. Because of the Natural Presence of Botulinum Endospores in Honey, Children under One Year of Age should not be given Honey. The more developed Digestive Systems of Older Children and Adults generally destroy the Spores. Infants, however, can contract Botulism from Honey.

Honey produced from the flowers of rhododendrons, mountain laurels, sheep laurel, and azaleas may cause honey intoxication. Symptoms include dizziness, weakness, excessive perspiration, nausea, and vomiting. Less commonly, low blood pressure, shock, heart rhythm irregularities, and convulsions may occur, with rare cases resulting in death. Honey intoxication is more likely when using "natural" unprocessed honey and honey from farmers who may have a small number of hives. Commercial processing, with pooling of honey from numerous sources generally dilutes any toxins.

Toxic Honey may also result when Bees are in close proximity to Tutu Bushes and the Vine Hopper Insect, both being found throughout New Zealand. Bees gather the Honeydew produced by the Vine Hoppers feeding on the Tutu Plant. This introduces the poison Tutin into honey. Only a few areas in New Zealand frequently produce this Toxic Honey. Symptoms of this Poisoning include Vomiting, delirium, Giddiness, Increased Excitability, Stupor, Coma, and Violent Convulsions.

The Honeysuckle (*Lonicera Caprifolium*):



Caprifoliaceae, the order to which the Honeysuckles belong, includes about 300 Species, chiefly Shrubs, growing in the North Temperate Zone or Extending into the Higher Cool Tropical Regions. Besides the Viburnums and Sambucus, a number have found more or less important uses in Medicine, but they exhibit but little Uniformity in Composition or Properties. It produces great amounts of Nectar, which is good for Bees and Butterflies. It produces Floral Smells that are Wonderful Fragrances. Japanese Honeysuckle is now Naturalized into Europe and North America.

The Honeysuckle has Expectorant and Laxative Properties. A Syrup made from the Flowers has been used in the Treatment of Respiratory Diseases whilst a Decoction of the Leaves is considered Beneficial in Treating Diseases of the Liver and Spleen. It is used as a Mouthwash for Ulcers and is considered to be a Good Ingredient in Gargles. The Flowers are an Antispasmodic, Astringent, Diuretic, Expectorant, and Sudorific. The Fruit is Emetic and Cathartic. It is also Diaphoretic. The Leaves are a Laxative and the Seeds is a Diuretic. The Honeysuckle Bark is an Anticatarrhal.

Honeysuckle is good for Asthma and for some Symptoms of Syphilis. European Honeysuckle seems to be good for sorting out Irritability and helps to prevent People from having Violent Outbursts so that would be a Good Herb to take if one is prone to Anger Management Issues.

High in Calcium, Magnesium and Potassium, it is commonly eaten as a Vegetable after being Parboiled. It is Antibacterial, and an Anti-inflammatory. An Infusion of its Stems and Flowers are good for Respiratory Illnesses, Mumps, Hepatitis as well as Dysentery. Honeysuckle Infusion also helps to Reduce Lower Cholesterol Levels as well as good for Treating Rheumatoid Arthritis and Inflammation affecting the Breasts.

Of the Honeysuckle, Nicholas Culpeper wrote:

"Honeysuckles are cleansing, consuming and digesting, and therefore no way fit for inflammations. Take a leaf and chew it in your mouth and you will quickly find it likelier to cause a sore mouth and throat than cure it. If it be not good for this, what is it good for? It is good for something, for God and nature made nothing in vain. It is a herb of Mercury, and appropriated to the lungs; the celestial Crab claims dominion over it, neither is it a foe to the Lion; if the lungs be afflicted by Jupiter, this is your cure. It is fitting a conserve made of the flowers should be kept in every gentlewoman's house; I know no better cure for the asthma than this besides it takes away the evil of the spleen: provokes urine, procures speedy delivery of women in travail, relieves cramps, convulsions, and palsies, and whatsoever griefs come of cold or obstructed perspiration; if you make use of it as an ointment, it will clear the skin of morpew, freckles, and sunburnings, or whatever else discolours it, and then the maids will love it. Authors say, the flowers are of more effect than the leaves, and that is true: but they say the seeds are the least effectual of all. But there is a vital spirit in every seed to beget its like; there is a greater heat in the seed than any other part of the plant; and heat is the mother of action."

The Hops (*Humulus Lupulus*):



The Hop is Native to the British Isles. We find the Hop first mentioned by Pliny, who speaks of it as a Garden Plant among the Romans, who ate the Young Shoots in Spring, in the same way as we do Asparagus, and as Country People frequently do in England at the Present Day. Nettles belong. Hops have a Long and Proven History of Herbal Use.

Hops have been used mainly for their Soothing, Sedative, Tonic and Calming Effect on the Body and the Mind. The Female Flowering Heads are Harvested in the Autumn and can be used Fresh or Dried. A Decoction of the Hops Flower is said to Remedy Swellings and Hardness of the Uterus.

The Female Fruiting Body is an Anodyne, Antiseptic, and Antispasmodic. Hops is also a Diuretic, Hypnotic, and a Nervine. Hops are widely used as a Folk Remedy to Treat a wide range of complaints, including Boils, Bruises, Calculus, Cancer, Cramps, Coughs, Cystitis, Debility, Delirium, Diarrhea, Dyspepsia, Fever, Hysteria, Inflammation, Insomnia, Jaundice, Rheumatism, and Parasitic Worms. The Fruit is also Applied Externally as a Poultice to Ulcers, Painful Swellings it is said to Remedy Painful

Tumours. Hops is also used for Treating Headaches.

Hop's Strong Bitter Flavour largely accounts for their ability to Strengthen and Stimulate the Digestion, increasing Gastric and other Secretions. The Hairs on the Fruits contain Lupulin, a Sedative and Hypnotic Drug. When given to Nursing Mothers, Lupulin increases the Flow of Breast Milk.

Alcoholic Extracts of Hops in various dosage forms have been used clinically in treating numerous forms of Leprosy, Pulmonary Tuberculosis, and Acute Bacterial Dysentery, with varying degrees of success in China. The Treatment of certain types of Asthmatic Conditions and even Painful Menstrual Symptoms can be carried out using Hops as its Anti-Spasmotic action is very effective in such cases.

Of Hops, Nicholas Culpeper wrote:

"This, in physical operations, is to open obstructions of the liver and spleen, to cleanse the blood, to loosen the belly, to cleanse the reins from gravel, and provoke urine. The decoction of the tops of Hops, as well of the tame as the wild, works the same effects. In cleansing the blood they help to cure the French diseases, and all manner of scabs, itch, and other breakings-out of the body; as also all tetters, ringworms, and spreading sores, the morpew and all discolouring of the skin. The decoction of the flowers and hops, do help to expel poison that any one hath drank. Half a dram of the seed in powder taken in drink, kills worms in the body, brings down women's courses, and expels urine. A syrup made of the juice and sugar, cures the yellow jaundice, eases the head-ache that comes of heat, and tempers the heat of the liver and stomach, and is profitably given in long and hot agues that rise in choler and blood. Both the wild and the manured are of one property, and alike effectual in all the aforesaid diseases. By all these testimonies beer appears to be better than ale."

Hops does have some Contraindications as Skin Contact with it as it causes Allergic Dermatitis in Sensitive People. Hops Dermatitis which is caused by Hop Picking. Although only 1 in 3,000 Farm Workers is estimated to be Treated, one in 30 are believed to suffer Dermatitis. Dislodged Hairs from Hops can Irritate the Eyes. Herbal Blends containing Hops must not be used if Depression is a Symptom.

The Horehound (*Marrubium Vulgare*):



Horehound is a well-known and popular Herbal Medicine as its Leaves and Young Flowering Stems are an Antiseptic, an Antispasmodic, a Cholagogue, a Diaphoretic, a Digestive, a Diuretic, an Emmenagogue, a Strong Expectorant, a Hepatic, a Stimulant and a Tonic. Horehound is often used as a Domestic Remedy for Coughs, Colds, and Wheeziness. This Remedy is also recommended for the treatment of Bronchial Asthma, to ease Chronic Hacking Coughs,

The Herb apparently causes the Secretion of a more Fluid Mucous, readily cleared by Coughing. Horehound is a very valuable Tonic that can be Safely Used by Children as well as Adults. The Horehound Plant is Harvested as it comes into Flower and can be used Fresh or Dried.

Horehound is often made into a Syrup or Candy in order to disguise its Very Bitter Flavour, though it can also be taken as a Tea. The Candy prepared from the Horehound Herb is also a very effective Remedy for alleviating the Pain of a Sore Throat and is effective in dealing with Inflamed Lung Tissues caused by Cold, Flu, those that are brought on by Allergies or are the effects of a Smoking Habit.

The Tonic of Horehound increases the Appetite and supports the Function of the Stomach. Taken in Large Doses, it acts as a Purifying Laxative.

It can also act to Normalize Heart Rhythm as it is Normalized by the action of the Horehound Herb as this Remedy helps improve the regularity of the Cardiac Contraction.

The Root is a Remedy for the Bite of Rattlesnakes.

An Essential Oil is obtained from the Horehound Plant and used as a Flavouring in Liqueurs. The Plant has been used as a cure for Cankerworm in Trees. The Growing Plant also helps to Repel Flies.

Of Horehound, Nicholas Culpeper wrote:

"A decoction of the dried herb, with the seed, or the juice of the green herb taken with honey, is a remedy for those that are short-winded, have a cough, or are fallen into a consumption, either through long sickness, or thin distillations of rheum upon the lungs. It helps to expectorate tough phlegm from the chest, being taken from the roots of Iris or Orris. It is given to women to bring down their courses, to expel the after-birth, and to them that have taken poison, or are stung or bitten by venomous serpents. The leaves used with honey, purge foul ulcers, stay running or creeping sores, and the growing of the flesh over the nails. It also helps pains of the sides. The juice thereof with wine and honey, helps to clear the eyesight, and snuffed up into the nostrils purges away the yellow jaundice, and with a little oil of roses dropped into the ears, eases the pains of them."

The Horny Goatweed (*Epimedium Grandiflorum*):





Horny Goatweed is a versatile Chinese Herb traditionally used to help treat Forgetfulness, Back Pain, Tonifies the Liver and Arthritis. There are many Genus's of Horny Goatweed and is alleged to have Aphrodisiac Qualities. According to Legend, it was discovered by a Chinese Goat Herder who noticed Sexual Activity in his Flock after they ate the Weed. The Active Ingredient in Horny Goatweed is "Icariin".

Horny Goatweed helps to stimulate the production of the Sexual Hormone Androgen with no found effect on Estrogen. It has been applied to Men suffering from Impotence and Low Sperm Count. And has been consumed by Women who suffer from a Decreased Sexual Motivation. A Tonic made from Horny Goatweed is said to help Warm the Body.

Because of Horny Goatweed's ability to Dilate Capillaries and other Blood Vessels, it is used to facilitate Blood Circulation to the Brain as well as to the Sexual Organs, while also Lowering High Blood Pressure.

There are Reports that Horny Goatweed helps to stimulate Muscle Growth in the Sphincter Muscles, which helps bring Incontinence under control.

Animal Studies indicate that Icariin also Stimulates Osteoblast activity in Bone Tissue, leading to the development and marketing of Medicinal Products based on Epimedium Extracts for Treatment of Osteoporosis.

The Horse Chestnut (*Aesculus Hippocastanum*):



The Horse Chestnut is Originally Native to Regions in Northern India, it also Grows Wild in the Caucasus and in areas of Northern Greece. The Horse Chestnut also has Relative Species from the same Genus, growing in the United States which include the California Buckeye and Ohio Buckeye Tree. The Horse Chestnut Seeds are Toxic for Humans. It is Leaves and Bark of the Horse Chestnut Tree, as well as a Standardized Extract of the Seed, as Herbal Medication for Various Disorders. It is Harvested in the Spring and Dried for later use.

Horse Chestnut is an Astringent, Anti-Inflammatory Herb that helps to Tone the Vein Walls which, when Slack or Distended, may become Varicose or Haemorrhoidal. The Horse Chestnut Tree also Reduces Fluid Retention by Increasing the Permeability of the Capillaries and allowing the Re-Absorption of Excess Fluid back into the Circulatory System and is an Alterative, Analgesic, Haemostatic and Vulnerary.

The Bark is an Anti-inflammatory, Astringent, and Diuretic. It is also a Febrifuge, Narcotic, Tonic and Vasoconstrictive as well. A Herbal Tea of the Bark is taken in Small Doses Internally for the Treatment of a Wide Range of Venous Diseases, including Hardening of the Arteries, Varicose Veins, Phlebitis, Leg Ulcers, Haemorrhoids and Frostbite. It is also good for the Treatment of Malaria, and Dysentery.

The Seeds are a Decongestant, Expectorant and a Tonic. They have been used in the Treatment of Rheumatism, Neuralgia and Haemorrhoids. They are said to be

Narcotic and that 10 grains of the Nut are equal to 3 grains of Opium.

The Herbal Decoction made from Horse Chestnut Leaves have also been used in the US, as a Topical Decoction given for the Treatment of Whooping Cough and Related Respiratory Illnesses.

A Herbal Tea made from the Leaves is a Tonic and is used in the Treatment of Fevers and Whooping Cough.

An Essential Oil Extracted from the Seeds has been used Externally as a Treatment for Rheumatism, Bruises and Ligament Damage from Sports Injuries.

It is also made into a Lotion or Gel for External Application and is applied Externally in the Treatment of Lupus and Skin Ulcers.

A Compound of the Powdered Roots is Analgesic and has been used to Treat Chest Pains.

The Buds are used in Bach Flower Remedies and used for when someone seems to have Failures to Learn by Experience or Lack of Observation in the Lessons of Life.

Of the Horse Chestnut, Nicholas Culpeper referred to it simply as The Chestnut and wrote of it:

"the fruit must needs breed good blood, and yield commendable nourishment to the body; yet if eaten over-much, they make the blood thick, procure head-ach, and bind the body; the inner skin, that covereth the nut, is of so binding a quality, that a scruple of it taken by a man, or ten grains by a child, soon stops any flux whatsoever: The whole nut being dried and beaten into powder, and a dram taken at a time, is a good remedy to stop the terms in women. If you dry chesnuts, (only the kernels I mean) both the barks being taken away, beat them into powder, and make the powder into an electuary with honey, so have you an admirable remedy for the cough and spitting of blood."

The Horse Chestnut does have some Contraindications as this Tree's Seeds is Potentially Toxic if Ingested and should not be used Internally without Professional Supervision.

The Horseradish (*Cochlearia Armoracia*):



Richer in vitamin C than Orange or Lemon, Horseradish is also a Stimulant, Diuretic, Diaphoretic, Rubefacient and Antiseptic. Being a Gastric Stimulant, it is good with Rich or Fatty Indigestible Foods. In Dropsy, it benefits the system by correcting imbalances in the Digestive Organs.

The Horseradish Root has also been used for Indigestion and Putrefaction in the Digestive Tract. Grate the Root and Squeeze out the Juice. Take 15 to 20 drops of this Juice Three Times a day between Meals. Horseradish has long been taken with Fish or Meats to cut the Fat and counteract Spoilage. If a person were to eat Horseradish with Meat suspected to be Spoiled (and all Meat is in a degree of Spoilage, beginning to Putrefy as soon as the Animal is Slaughtered), by taking Horseradish, you could ensure that the Digestive Tract would produce a Protective Mucous Coat that could prevent further Irritation, Inflammation, Nausea and possibly absorb some of the Putrefied Substances in the Meat.

It is recommended that Horseradish as a Reliable Remedy for Sinus Infections. Start with 1/4 teaspoon of the Freshly Grated Root and hold it in your Mouth until all the Taste is gone. It will immediately start cutting the Mucus loose from the Sinuses to drain down the Throat. This will relieve the Pressure in your Sinuses and help clear Infection.

Horseradish Preparations can also clear Lung Problems, Coughs and Asthma. Try it for such conditions and you will see that it is an immediate and very effective Expectorant, Cutting Mucus and allowing

you to Eliminate it. Similarly it works well in Respiratory Ailments related to Allergies, such as Hay Fever. You can make an Infusion, Sweetened with a little Honey, for Persistent Coughs.

It has a High Sulphur content which may contribute to the fact that it has been shown in Laboratory Tests to be Antibiotic, active against a variety of Bacteria. A pungent oil in the root contains these properties.

Horseradish has long been considered a powerfully effective Diuretic, used by Herbalists for centuries to treat Kidney Stones and like conditions. Infused in wine it becomes a General Stimulant and causes Perspiration. For Bladder Infections, Fresh Grated Horseradish Root with Apple Cider Vinegar and Honey to Taste. Take the whole amount throughout the day.

You can use Horseradish for Rheumatic and Arthritic Conditions. It stimulates the Mucus surfaces throughout the entire body. You can also add it to a Footbath or Handbath to relieve Chilblains. Some people place the grated root directly on the Chilblains and then cover with a Bandage or Plastic. Grate it and Gently Warm it to use in place of a Mustard Plaster, being sure to Rub the area with Oil or Vaseline before applying, in order to avoid Blistering.

Horseradish is noted as a Skin Treatment, to remove Spots and Blemishes from the Skin. Use Freshly-Grated Horseradish, with Buttermilk (dairy products used externally are okay), and Glycerine. Rub the Horseradish Lotion into the desired Spot until the Skin Tingles with Warmth. Wipe off the surplus and go to bed. This will Stimulate the Skin and Bleach Out Unwanted Discolorations.

Horseradish is often used as a Tonic for a Tired or Deranged System. It is known as a successful Vermifuge, helping to Kill and Expel Worms from the Digestive System. It is an important Immune Stimulate which is used in Herbal Formulas to increase the number of White Blood Cells in the Bloodstream. Maybe people with AIDS should eat more Horseradish.

It is also a known Antioxidant, helping to counteract the Bad Effects of Stress and Pollution in the Environment. Horseradish is known to be a specific Tonic for the Spleen and most especially the Liver, which it helps to Detoxify and Stimulate.

Of Horseradish, Nicholas Culpeper wrote:

"The juice of horse radish given to drink, is held to be very effectual for the scurvy. It kills the worms in children, being drank, and also laid upon the belly. The root bruised and laid to the place grieved with the sciatica, joint-ache, or the hard swellings of the liver and spleen, doth wonderfully help them all. The distilled water of the herb and root is more familiar to be taken with a little sugar for all the purposes aforesaid."

The Horsetail (*Equisetum Arvense*):





It is a Perennial Herb growing in moist loamy or sandy soil found in much of the North American continent, as well as in similar climates in Europe and Asia. The Horsetail Herb has a long lineage and is a descendant of Prehistoric Plants; these Ancient Relatives of the Herb were tall as Trees. It has served Humanity as an Herbal Remedy since Ancient Rome and Greece. Horsetails have been used in a variety of roles in Europe, for example, during the Middle Ages, Horsetail Clumps were normally used as Scouring Pads to facilitate the cleaning of Iron Cookware and Hard Pewter Dishes - the Plant has a High Silicon content and is very effective in this role.

The Herbal Properties of the Horsetail also stress the effectiveness of the Herb in disorders ranging from Kidney Stones to Cystic Ulceration - they suggest its great effectiveness as a Rapid Acting Remedy for the disorder called Dropsy. The Beneficial Effects of the Horsetail also lie in its ability in treating Tuberculosis - particularly when the Disease has progressed and is accompanied by behaviors such as the Spitting of Blood by the Patient.

It has traditionally been used to Stop Bleeding, is a Diuretic with strong effects that promote the loss of Water from the Body. It is used internally for the treatment of prostate Problems, Urinary Tract Infection, Kidney Stones, Incontinence, Cystitis and Urethritis. Horsetail Based Mouthwash and Gargle can also be used for the treatment of problems such as Mouth Ulcers, it can be used to stanch Bleeding Gums and in the treatment of Sore Throats and other Oral problems.

It also has been known to be used to help heal Broken Bones, Osteoporosis, and relieve Rheumatic conditions such as Arthritis. Horsetail also contains high concentrations of Silicic Acid, Potassium, Aluminum, and Manganese. Collagen, an important constituent of the Tissues is largely made from Silicon. The role of the collagen in the body is to act as the "Body Glue", enabling the Skin and Muscular Tissues to stick together as an integrated whole. A few Herbal Specialists believe that the Organic Silicon Concentrations found in Horsetail may also promote Bone and Cartilage formation and are useful for treating Brittle Nails and related conditions.

A Compress made from this Herb is also useful in treating Open Wounds. In Cosmetics, Horsetail is

used as an Epithelial Regenerator, due to the presence of Saponins and Flavonoids in its composition.

Problems such as Minor Edema can be treated by drinking an Herbal Tea made from the Horsetail. Drink Horsetail Herbal Tea during the day between Meals.

Care should be taken with the use of some species of Horsetail Herb, as several species belonging to the genera *Equisetum* have been known to induce Poisoning in Livestock - especially with regard to Horses. This poisoning action has been experimentally verified in Horses, the Disease is called Equisetosis, where a Thiaminase or Thiamine destroying Enzyme in the Herb had been implicated in the Toxic Activity in the body of Horses.

The Hydrangea (*Hydrangea Arborescens*):



The Hydrangea uses the Rhizome and Roots for its Medicinal Properties. It is an

Erect Shrub Growing in the Eastern part of the United States from New York to Florida and west to Oklahoma. The Hydrangea was Originally Used by the Cherokee Indians who Introduced it to the Early Settlers as a Remedy for Kidney Stones. During the first few Decades of this Century, the Medication saw some Action for this and also as a Diuretic in Conventional Medicine, but it Lapsed into Disuse until the Recent Revival of Herbal Remedies.

The Decoctions of its Roots and Rhizome work as Diuretics, Cathartic, and as Tonics. It does not Cure Kidney Stones in the Bladder, but it does Removes Gravelly Deposits and Relieves the Pain consequent on their Emission. A Concentrated Syrup with Sugar or Honey may also be used. The Hydrangea Herb is also given for many other Conditions that affect the Genitourinary System which includes Cystitis, Urethritis, Enlarged Prostate, and Prostatitis.

The Hydrangea does have some Contraindications as if too much is taken, it will cause Vertigo and Oppressions of the Chest.

The Hyssop (*Hyssopus Officinalis*):



Hyssop has a Long History of Medicinal Use and was so Highly Esteemed in the Past that it was considered to be a virtual Cure-All. Currently an undervalued Herb, it is often used as a Household Remedy, particularly as an Expectorant and Stomach Tonic. Hyssop is a Perennial Shrub like Herb and belongs to the Mint Plant Family Lamiaceae. The Hyssop is characterized by possessing Slender and Stiff Stems, it grows to about a Yard in height when Mature. Hyssop can be grown as a Dwarf Hedge, it responds well to Trimming in the Spring. The Hyssop Herb can be Harvested when in Full Flower and Dried for later use. The Growing Plant attracts Cabbage White Butterflies away from Brassicas. Bees are attracted to the rather strong fragrance of the Hyssop Herb as the Nectar is utilized by Bees to manufacture a very sweet smelling type of Honey.

It has a Positive Effect when used to Treat Bronchitis and Respiratory Infections, especially where there is excessive Mucous production. Hyssop can irritate the Mucous Membranes, so it is best given after an Infection has peaked, when the Herb's Tonic Action encourages a General Recovery. The Leaves and Flowering Tops are an Antiseptic, an Antitussive, an Astringent, a Carminative, a Diaphoretic, an Emmenagogue, an Expectorant, a Pectoral, a Sedative, a Stimulant, a Stomachic, a Tonic and a Vasodilator.

A Herbal Tea made from Hyssop Leaves is used in the Treatment of Flatulence, for Stomach-Aches, for Upper Respiratory Tract Infections, and Coughs in Children. The Hyssop Herbal Tea, and to help complaints like Chronic Coughs, Persistent Colds, and Hoarseness in the Voice, to quell Fevers, and to Soothe Persistent Sore Throats

An Infusion of Hyssop Leaves has an agreeable Flavour and is used by Herbalists in Pulmonary Diseases and is used Externally for the Relief of Muscular Rheumatism. Hyssop Infusions are also good for Treating Bruises and Discoloured Contusions, and the Green Herb, Bruised and Applied as a Poultice, will Heal Cuts promptly. Infusions of Hyssop is also considered to be an Effective Herbal Remedy for Digestive Problems of all kinds and extensively used in the Treatment of Chronic Indigestion, excessive Abdominal Gas, Abdominal Bloating, as well as Colic related problems. A Herbal Tea made from the Leaves is useful for controlling Bacterial Plant Diseases.

The Essential Oil is used in Aromatherapy. This Essential Oil should not be used on people who are Highly Strung as it can cause Epileptic Symptoms, thus Hyssop Essential Oil should not be used Internally except under Professional Supervision. The Essential Oil from the Leaves is Antiseptic and also used in Perfumery and as a Food flavouring. It has a particularly Fine Odour and is much valued by Perfumers. The Hyssop Herb was formerly used as a Strewing Herb and is also used in Pot-Pourri.

Of Hyssop, Nicholas Culpeper wrote:

"Hyssop boiled with rue and honey, and drank, helps those that are troubled with coughs, shortness of breath, wheezing and rheumatic distillation upon the lungs; taken also with oxymel, it purges gross humours by stool; and with honey, kills worms in the belly; and with fresh and new figs bruised, helps to loosen the belly, and more forcibly if the root of Flower-de-luce and cresses be added thereto. It amends and cherishes the native colour of the body, spoiled by the yellow jaundice; and being taken with figs and nitre, helps the dropsy and spleen; being boiled with wine, it is good to wash inflammations, and takes away the black and blue spots and marks that come by strokes, bruises, or falls, being applied with warm water. It is an excellent medicine for the quinsy, or swellings in the throat, to wash and gargle it, being boiled in figs; it helps the toothache, being boiled in vinegar and gargled therewith. The hot vapours of the decoction taken by a funnel in at the ears, eases the inflammations and singing noise of them. Being bruised, and salt, honey, and cummin seed put to it, helps those that are stung by serpents. The oil thereof (the head being anointed) kills lice, and takes away itching of the head."

Hyssop does have some Contraindications as the Hyssop Herb should not be used by Pregnant Women, however, since in Large Quantities it can induce a Miscarriage.

The Iceland Moss (*Cetraria Islandica*):



The "Plant" called the Iceland Moss is a Composite Organism. This Organism is Technically a Lichen which is a Composite Lifeform made up of Two Symbiotic Species, a Distinct Fungal Species and an Algal Species, bound together in a Mutually Beneficial Association called Symbiosis. The Iceland Moss can Grow to a Maximum of Four Inches in Height when Fully Mature. The Iceland Moss is just one more example of a Misnomer pertaining to a Plant. The Fact is that the Iceland "Moss" is not a Moss but a

Species of Organism called Lichen found in Iceland. Iceland Moss has been used since Ancient Times as a Cough Remedy and has also been used in European Folk Medicine as a Cancer Treatment. The Iceland Moss can be Harvested as required throughout the Year, preferably during Dry Weather, and can also be Dried for later use.

In present day Herbalism, the Iceland Moss is Highly Prized for its Strongly Antibiotic and Demulcent Actions, being used especially to Soothe the Mucous Membranes of the Chest, to counter Catarrh and Calm Dry and Paroxysmal Coughs and is particularly helpful as a Treatment for Elderly People. Iceland Moss has both a Demulcent and a Bitter Tonic Effect within the Bowels.

The Whole Plant is Strongly Antibiotic, Antiemetic, and a Strong Demulcent. It is also a Galactagogue, Nutritive and a Tonic. It is Excellent when used Internally in the Treatment of Chronic Pulmonary Problems, Catarrh, Dysentery, Chronic Digestive Disturbances such as Irritable Bowel Syndrome and Food Poisoning and advanced Tuberculosis. Intestinal Worm Infestation is Relieved through the use of the Iceland Moss. The Extracts of the Iceland Moss are used to Treat Cases of Gastritis, and to bring Relief from Vomiting and Dyspepsia as well.

Externally, it is used in the Treatment of Boils, Vaginal Discharges and Impetigo.

The Irish Moss (*Chondrus Crispus*):



The Irish Moss became associated with the Irish Potato Famine that occurred in the middle of the 19th Century, the Irish Moss was consumed as a Food by thousands of Desperate Irish People to Ward Off Starvation. The Starving Population took to Eating the Bushy Curly Red, Purple, or Yellow-Green Seaweed known as Irish Moss. The General Population of Ireland was simply following the example of Many Generations of the Hungry Poor Folk in Ireland and other Natives of Places along the North Atlantic Coastline in Eating the Seaweed as Food. This type of Seaweed is found Clinging to



Submerged Rocks in Ireland as well as on Rocks along the Shorelines of Canada and the New England States in the US, it is also seen in the British Isles and most of Coastal Europe, up to the Portuguese Coastline in the far South. In the U.S., the early Irish Immigrants were the first to gather this Seaweed. The Harvest of Irish Moss is carried out during the Summer Months by Men on Boats.

Irish Moss is a Demulcent, Emollient, Expectorant, and Nutritive. It is a Popular Remedy made into a Mucilage Jelly for Pulmonary Complaints and Kidney and Bladder Afflictions. Irish Moss is used in Treating Chronic Coughs and cases of Bronchitis. Irish moss also helps in Speeding the Recuperation Time of Patients Affected by Prolonged Debilitating Illness, specifically tuberculosis and pneumonia affected patients. The Irish moss has also been found to be Helpful in warding off Influenza and the Mumps.

The Irish Moss is also Effective in Dealing with Acidic Indigestion and in the Treatment of Gastritis. The Irish Moss is Effective as a Demulcent in Treating specific types of Digestive Disorders, including problems like the Ulceration of the Stomach or Ulcers on the Duodenum Lining.

The Irish Moss is a Valuable Source of Nutrition for Patients in Long Term Convalescence and Rest. One other Major Benefit of Irish Moss is that it thins out the Blood and can be used to Remove Blood Clots.

The Irish Moss has also used as a Food in the Maintenance Diets Prescribed to Patients Afflicted by Diabetes.

The Irish Moss Remedy is also useful in the Treatment of all kinds of Urinary Infections including Cystitis.

The Japanese Knotweed (*Polygonum Japonicum*):



You can eat Japanese Knotweed Shoots from Mid-April to Early May, before the Plant gets Tough and

Woody. It is Rare that Tender New Edible Shoots grow later, after the Plant's been Cut Down.

Best when 6 to 8 inches tall, the intensely tart, tangy shoots (discard all the tough leaves) taste like rhubarb, only better. A tough rind that you must peel (good for making marmalade) covers the taller ones.

An excellent source of vitamin A, along with vitamin C and it has a Antioxidant Flavonoid Rutin, Japanese knotweed also provides Potassium, Phosphorus, Zinc, and Manganese. It's also an excellent source of Resveratrol, the same substance in the skin of Grapes and in Red Wine that lowers LDL (bad) Cholesterol and reduces the Risk of Heart Attacks. Resveratrol may also delay the onset of Alzheimer's Disease or Slow its Progression.

Large quantities of Japanese Knotweed act as a Gentle Laxative, like Rhubarb. Tannins found in members of this Genus are known to be Anti-Carcinogenic. Japanese Knotweed also promotes Healing of Burns by enhancing Immune System and Cardiac Functions. The effects of Japanese Knotweed on the Restoration of Suppressed Cell-mediated, Humeral, and Non-specific Immune Functions on Scalded Mice.

Japanese Knotweed Flowers are Valued by some Beekeepers as an Important Source of Nectar for Honeybees, at a time of year when little else is Flowering. Bees use the Japanese Knotweed Nectar to make a Monofloral Honey, usually called Bamboo Honey by Northeastern U.S. Beekeepers, like a Mild-Flavored Version of Buckwheat Honey.

Slice the stems, steam as a vegetable, and simmer in soups, sauces, fruit compotes, and jam, or bake in dessert dishes. Use sparingly—I've made terrific applesauce and excellent strawberry compotes using just 1 part knotweed to 10 parts fruit. You may substitute Cooked Knotweed, which gets Very Soft, for Lemon Juice, transforming familiar Recipes into Exotic Ones. You can use a Chopstick to pierce the Membranes that separate the segments of 1-Foot-Tall Shoots, Peel, Stuff the Stalks with some sort of Sweet or Savory Stuffing, like Shepherds Pie Filling, and Bake in an Appropriate Sauce, like Cream of Tomato Soup.

The Jasmine (*Jasminum Officinale*):



Jasmine is a Flowery Shrub containing White or Yellow Flowers which are Native to Mediterranean Area. The Jasmine Shrub has a Ramified Crown, Angular Green Long Twigs, Obtuse Flowers and it is Cultivated as a Decorative Plant, or for its Aromathereputic and Medicinal Uses. The Flowers can be Small or Large, White with a Nice Smell that increases in Strength in the evening.

The Jasmine Leaf Juice is applied to Corns and Ear Discharges. The Leaves contain Salicylic Acid which is what Aspirin is made from. The Jasmine Root is used in the Treatment of Ringworm.

The Fresh Jasmine Flowers contain a Etheric Oil. Beside this Oil, the Flowers also contain Benzilic Acetate, Linalcohol, Benzilic Alcohol, Indole and Jasmon. The Flowers are an Aphrodisiac, Antiseptic, Antispasmodic, Galactagogue and a Tonic. The Jasmine Flowers are mainly used in Aromatherapy. The Jasmine Flowers are also used in Biotherapy and Perfume Industry. The Herbal Tea made from Jasmine Flowers can be use to Treat Headaches, Coughing and for Rheumatism.

From Jasmine Flowers it is Extracted the Well-Known and Expensive Oil. The High Cost is because that in order to extract 2.2lb of Jasmine Essential Oil, 2200 Pounds of Fresh Flowers are needed. Nevertheless, its effects over an Organism make that process worthwhile. The Jasmine Essential Oil is used in Aromatherapy. It is used in the Treatment of Depression, Nervous Tension, Impotence, Frigidity, Menstrual Disorders and Weak Digestion. It is good to have it around in case of Birth. Jasmine Essential Oil is Recommended for Breathing Difficulties, and Coughing. It also Calms any Skin Affliction and it can be used in Small Amounts for Calming Pains.

Jerusalem Artichoke (*Helianthus Tuberosus*):



Jerusalem Artichokes, is not actually related to the Domestic Artichoke. It actually belongs to the Compositae or Asteraceae Aamily which includes Asters, Daisies and Sunflowers. It was once Cultivated Extensively throughout North America. The Jerusalem Artichoke is a 5-10 Foot Tall upright Hearty Perennial Plant with Yellow Flowers 2-3 inches in Diameter, 4-8 inch Long Hairy Leaves and Thick, Hairy Stems. Jerusalem Artichoke Tubers can be Eaten Raw, Boiled or Baked like Potatoes and were used as a Survival Food by Native America Indians. It grows Wild in the Fields or along Streams but Jerusalem Artichokes are a Wonderful Domesticated Medicinal Vegetable in any Home Garden.

Unlike most Tubers, it stores the Carbohydrate Inulin instead of Starch. For this reason, Jerusalem Artichoke Tubers are an important source of Inulin used as a Dietary Fiber in Food Manufacturing. Inulin Breaks Down to Fructose in the Colon. As a result, they have a very Low Glycemic Index and Barely Affect Blood Sugar Levels. They are also High in the Prebiotic FOS (Fructo Oligo Saccharide) which helps to build good Gut Flora and to balance Yeast in the Body and Gut.

Because the Jerusalem Artichoke is High in Inulin, it helps Regulate Blood Sugar Levels in Patients with Diabetes. Jerusalem Artichokes have also been promoted as a Healthy Choice for Type 2 Diabetics, because Fructose is better Tolerated by people who are type 2 Diabetic. The Tuber contains Minerals such as Copper, Magnesium, Manganese and Zinc. The Inulin improves the Digestion of Sugars benefiting People who have Diabetes.

Unlike Potatoes, Jerusalem Artichoke provides very few Calories and has contains Good Cholesterol. The Fiber it contains is a Very Cleansing One as it helps Lowering Bad Cholesterols as it actually prevents the Absorption of some of the Intestines the Bad Fats and Cholesterols. It also helps aid Digestion and prevents Indigestion.

Jerusalem Artichoke is a suitable Food for Losing Weight and to Improve the Cardiovascular System. It can be used to replace Potatoes in Diets as its Dietary Fiber brings the feeling of Fullness when Eaten. Together with that with its Low Fat Content, it makes this a Food that is good for Diets for Obesity.

Inulin also Stimulates the Growth of Bifidobacteria which is Naturally Present in the Large Intestine, Bifidobacteria Fight Harmful Bacteria in the Intestines, Prevents Constipation, and give the Immune System a Boost.



## The Juniper (Juniperus Communis):



The Juniper is a Small Shrub, 4 to 6 feet high, widely distributed throughout the Northern Hemisphere. It occurs freely on the Slopes of the Chalk Downs near London, and on Healthy, Siliceous Soils where a little lime occurs. It is a common Shrub where Bands of Limestone occur, as on some of the Scotch Mountains and on the Limestone Hills in the Lake District.

The Berries are used for the production of the Volatile Oil which is a Prime Ingredient in Geneva or Hollands Gin, upon which its Flavour and Diuretic properties depend. As a Diuretic, Juniper Berries eliminate excess Water Retention contributing to Weight Loss. The Oil of Juniper is given as a diuretic, Stomachic, and Diseases of the Kidney and Bladder. The Volatile Oil mixed with Lard is also used in Veterinary Practice as an application to exposed Wounds and Prevents Irritation from Flies. Spirit of Juniper has properties resembling Oil of Turpentine which makes a good Stimulating Diuretic in Cardiac and Hepatic Dropsy.

Juniper berries are not True Berries, but the Female Seed Cones that come from any of the Several-Dozen Species of Juniper Tree that Grow throughout the World. In addition to its Culinary use as a Spice and its uses in Aromatherapy, Juniper is possessed of several unique and potent Medicinal Properties. Juniper Berries and Leaves are used to support Healthy Kidney and Urinary Tract Function, and to promote Healthy Blood Pressure. It is often found in Natural Formulas designed to promote Regularity. The Fully Ripe Berries make a Strong Antiseptic, an Aromatic, a Carminative, a Diaphoretic, a Rubefacient, a Stomachic and a Tonic. Their Antiseptic properties help Remove Waste and Acidic Toxins from the Body, stimulating a fighting action against Bacterial and Yeast Infections.

Juniper Berries also help increase the flow of Digestive Fluids, improving Digestion and Eliminating, Indigestion, Flatulence, and Stomach Cramping. It is for that reason that Juniper Berries have been used as a Flavoring Agent in Gin and Luncheon Meats.

Juniper Berry's Anti-Inflammatory Properties are ideal for relieving Pain and Inflammation related to Rheumatism and Arthritis. Infusions made from Juniper Berry are believed by some to have Analgesic

effects, and is good for People with Arthritis or Rheumatism.

Juniper Spirit's resemblance to Turpentine also makes it an Effective Natural Remedy for Gastrointestinal Ailments, including Flatulence, Stomach Ulcers, Colitis, Irritable Bowel Syndrome, and even Crohn's Disease. Juniper's ability to soothe common stomach problems makes it a must-have in the Medicine Cabinet of anyone with Chronic Digestive problems.

The Juniper Bush Stems were at one time used as a Strewing Herb to Sweeten the Smell of Rooms. The Whole Plant can be Burnt as an Incense and Fumigant. It was used during Epidemics in the belief that it would Purify the Air and Cleanse it of Infection. Fresh or Dried Juniper Branches also make a Good Insect Repellent. A Tar made from Juniper has been often used in combination with Tars of other Herbs for the Treatment of Psoriasis of the Scalp.

It does have some Contraindications as the Fruit of this Plant is quite often used Medicinally and as a Flavouring in various Foods and Drinks, Large Doses of the Fruit can cause Renal Damage. Juniper should not be used Internally in any quantities by Pregnant Women.

The Korean Wild Sesame (*Perilla Frutescens*):





Korean Wild Sesame is a Very Nutritious Edible and Medicinal Plant. The Leaves have a very pleasant Sweet Taste and are used as a Spice, Cooked as Potherbs or Fried, and combined with Fish, Rice, Vegetables and Soups. It is also Chopped and combined with Ginger, then added to Stir-Fries, Tempuras and Salads in many Asian Countries. The Plant also supplies a Nutritious Cooking Oil from the Seed, as well as giving Color and Flavor to many Pickled Dishes. In the United States the Essential Oil of the Korean Wild Sesame is used as a Food Flavoring in Candies and Sauces. It is used as a Flavoring in Dental Products and at one time, it was one of the Main Ingredients in Sarsaparilla. The Entire Plant is Very Nutritious, packed with Vitamins and Minerals, and there is a Sugar in Korean Wild Sesame is 2,000 times as Sweet as our Regular Granulated Sugar.

Chinese medicine has used Korean Wild Sesame for centuries, either alone or in combination with other herbs. Recent Scientific Studies have shown its an Antiallergic, An Anticarcinogenic, An Anti-inflammatory and its Antioxidative Effects. Being Anticarcinogenic, that means it helps keeping you from getting Cancer. There are many scientifically proven medicinal uses for Korean Wild Sesame. It has been used for Centuries in Oriental Medicine as an Antiasthmatic, an Antibacterial, an Antidote, an Antimicrobial, an Antipyretic, an Antiseptic, an Antispasmodic, an Aromatic, an Carminative, an Diaphoretic, an Emollient, An Expectorant, an Restorative, an Stomachic and a Tonic. Korean Wild Sesame constituents confirm these uses in Alternative Medicine and ongoing studies have revealed that Korean Wild Sesame is useful other Diseases and Disorders.

An Infusion of Korean Wild Sesame is useful in the treatment of Asthma, Colds, Cough and Lung Afflictions, Influenza Prevention, Nausea, Vomiting, Abdominal pain, Constipation, Food Poisoning and Allergic Reactions (especially from Seafood), and to restore Health and Balance.

The Juice of the Leaves is applied to Cuts and Wounds.

The Stems are a Traditional Chinese Remedy for Pregnancy for Morning Sickness, but a Herbologist or a Physician knowledgeable in Herbal Medicine should be consulted first as this Herb should be Avoided

by Pregnant Women."

Korean Wild Sesame Seed Oil has been used in Paints, Varnishes, Linoleum, Printing Ink, Lacquers, and for Protective Waterproof Coatings on Cloth. Volatile Oils of the Plant are also used in Aroma Therapy and for Perfume. The Seed Heads can be Collected and Dried for use in Arrangements, Potpourris and wreaths. The Crushed Plant also makes an Effective Insecticide.

The Lady's Mantle (*Alchemilla Vulgaris*):



Lady's Mantle is Perennialblack and from it rises the slender erect Stem. The whole plant is clothed with soft hairs. It grows in Mountainous Areas as well as Forests, Pasture and Hayfields from April till the month of August. It is not a very tall Herb.

The lower, radical Leaves, large and handsome, 6 to 8 inches in diameter, are borne on slender stalks, 6 to 18 inches long and are somewhat kidneyshaped in general outline, with their margins cut into seven or mostly nine broad, but shallow lobes, finely toothed at the edges. The upper leaves are similar.

The Flowers, which are in bloom from June to August, are numerous and Yellow-Green in colour, in loose, divided clusters at the end of the freely-branching flower-stems, each on a short stalk, or pedicle.

The Rootstock is an Astringent and Edible and the Leaves can be eaten by Sheep and Cattle.

The whole Herb is gathered in June and July when in Flower and when the Leaves are at their best. The Leaves are then Dried.

The potent Astringent properties of Lady's Mantle Herb have been a subject of praise by many generations of Folk Healers in Europe.

It is employed as a Cure for Excessive Menstruation and is taken Internally as an Infusion. Among the active substances in the chemical composition of the Herb Tannins, Flavonoids and Mineral Salts are also included. Due to the quantity of Hormones from the Herb Lady's Mantle is used to help adjust

Hormonal Disturbances and is recommended in cases of Amenorrhea (absence of menstruation) and Si Hypermenorrhea (menstruation disorders), Menopause Disorders, Cervicitis, small and medium Uterine Fibroma. Lady's Mantle also helps ease the process of Giving Birth.

Lady's mantle is believed to act as a Liver Decongestant. The treatment of Diarrhea and Gastroenteritis is hastened by the Astringent Properties of the Herb.

A Strong Decoction of the Rootstock, by some considered the most valuable part of the Plant, has also been recommended as excellent to stop all Bleedings, and the Root Dried and reduced to Powder is considered to answer the same purpose and to be good for Violent Purgings. The Herbal Decoction can also be used as a Mouthwash and Gargle in cases of Bleeding Gums, to treat Mouth Ulcers and to minimize the symptoms of Sore Throats in Patients.

It helps to treat Leucorrhoea, and Anxiety. This Herb was in fact traditionally used as a remedy to induce Sleepiness in patients suffering from Anxiety.

The Swedish have use a Tincture of the Leaves for treating cases of Spasmodic or Convulsive Diseases. It is also used for treating Muscle Pains, Muscle Weakness, Anemia, and Children's Growing Problems. Traditional Medicine teaches us that Lady's Mantle can be used effectively in Obesity cases, Rheumatism, Arthrosclerosis and Hydropsy.

It is also efficient in cases of Headaches, Dizziness, Stomach Aches and Nausea. Mixtures made from this Herb have Astringent, Antidiuritic, Anti-inflammatory and Heart Strengthening Properties. It also has the ability to stimulate the Healing of Wounds, the Herb is used effectively in Treating Injuries as well as External Sores and Insect Bites of all kinds.

Poultices containing Lady's Mantle Oil are used in cases of Stomach Aches and applied two or three times a day for 20 to 30 minutes. If applied on the Heart Area, they can alleviate Heart Problems.

Nicholas Culpepper said of it:

'Lady's Mantle is very proper for inflamed wounds and to stay bleeding, vomitings, fluxes of all sorts, bruises by falls and ruptures. It is one of the most singular wound herbs and therefore highly prized and praised, used in all wounds inward and outward, to drink a decoction thereof and wash the wounds therewith, or dip tents therein and put them into the wounds which wonderfully drieth up all humidity of the sores and abateth all inflammations thereof. It quickly healeth green wounds, not suffering any corruption to remain behind and cureth old sores, though fistulous and hollow.'

The Lavender (Lavandula Vera):



Lavender is a Shrubby Plant indigenous to the Mountainous Regions of the Countries Bordering the Western Half of the Mediterranean, and Cultivated Extensively for its Aromatic Flowers in various parts of France, in Italy and in England and even as far north as Norway. It is also now being grown as a Perfume Plant in Australia. The Fragrant Oil to which the Odour of Lavender Flowers is due is a valuable article of commerce, much used in Perfumery, and to a lesser extent in Medicine. Lavender is best known for its Properties of Contentment, Balance, Love and Good Health. Use it when any of these aspects is required. Because of the Amazing Scent to the Flowers, Lavender is often combined in Light Potpourris for keeping a Home in Balance.

Lavender is believed to be of benefit for a multitude of Problems, including Stress, Anxiety, Exhaustion, Irritability, Headaches, Migraines, Insomnia, Nervousness, Depression, Colds, Liver and Gallbladder Problems. Application of Lavender Water to the Temples also helps with Relieve Headaches that are caused by Fatigue and Exhaustion. A Distilled Water made from Lavender has been used as a Gargle and for Hoarseness and Loss of Voice.

Lavender is good for the Digestive System as it is good for maintaining Digestion, Flatulence, Upset Stomach, a Good Loss of Appetite. Lavender also makes a Good Breath Freshener and Mouthwash.

Inhaling Lavender Essential Oil in some cases has been reported to work as well as Narcotics for Inducing Relaxation and Sleep. Lavender Essential Oil makes a good Restorative and Tonic against Faintness, Palpitations of a Nervous Sort, Weak Giddiness, Spasms and Colic. A few drops of Lavender Essential Oil in a Hot Footbath has a marked Influence in Relieving Fatigue. Outwardly applied, it relieves Toothache, Sprains, and Rheumatism.



Of Lavender, Nicholas Culpeper wrote:

"Lavender is of a special good use for all the griefs and pains of the head and brain that proceed of a cold cause, as the apoplexy, falling-sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings. It strengthens the stomach, and frees the liver and spleen from obstructions, provokes women's courses, and expels the dead child and after-birth. The flowers of Lavender steeped in wine, helps them to make water that are stopped, or are troubled with the wind or cholic, if the place be bathed therewith. A decoction made with the flowers of Lavender, Horehound, Fennel and Asparagus root, and a little Cinnamon, is very profitably used to help the falling-sickness, and the giddiness or turning of the brain: to gargle the mouth with the decoction thereof is good against the tooth-ache. Two spoonfuls of the distilled water of the flowers taken, helps them that have lost their voice, as also the tremblings and passions of the heart, and faintings and swooning, not only being drank, but applied to the temples, or nostrils to be smelled unto; but it is not safe to use it where the body is replete with blood and humours, because of the hot and subtile spirits wherewith it is possessed. The chymical oil drawn from Lavender, usually called Oil of Spike, is of so fierce and piercing a quality, that it is cautiously to be used, some few drops being sufficient, to be given with other things, either for inward or outward griefs."

Lavender Essential Oil does have a Contraindication as taking Too Large Doses cause a Narcotic Reaction that can cause Death by Convulsions.

The Lemon Balm (Melissa Officinalis):



The Lemon balm is a Member of the Mint Family, is considered a "Calming" Herb. It was used in the Middle Ages to Reduce Stress and Anxiety, promote Sleep, Improve Appetite, and ease Pain and Discomfort associated with Digestion. Lemon balm, although Native to Europe, is Grown all over the World. It is grown not only in Herb Gardens but also in Crops for Medicine, Cosmetics, and Furniture Polish Manufacturing. The Plant Grows up to 2 Feet in Height, sometimes Higher if not maintained. In the Spring and Summer, Clusters of small, Light Yellow Flowers Grow where the Leaves Meet the Stem.

Lemon Balm can calm and soothe problems such as Nausea, Vomiting, and other conditions like a Poor

Appetite, cases of Colic, as well as Diseases such as Dysentery, and Colitis as well as all kinds of Digestive Problems due to Stress.

A Tincture of Lemon Balm was made by Steeping it in Wine to lift the Spirits, and Helps Heal Wounds, and Treat Venomous Insect Bites and Stings. Today, Lemon Balm is often combined with other Calming, Soothing Herbs, such as Valerian, Chamomile, and Hops in order for its Calming Sedative Effects to Cure Insomnia and Anxiety. The Remedies made from the Lemon Balm are also excellent for the Treatment of Headaches, as well as problems such as Migraine, problems like Vertigo and Buzzing sensations that occur in the Ears.

The Lemon Balm when taken in the form of a Hot Infusion can induce sweating in the Body, this helps in Reducing Fevers and makes it a Very Good Remedy for many Childhood Infections, such as Colds and Flu, as well as various Coughs and Catarrh which tends to Affect Children.

It has been found that that Topical Ointments containing Lemon Balm may help Heal Lip Sores Associated with Herpes Simplex Virus. The Remedies made from the Lemon Balm are also excellent in Treating Allergies and the Potent Antiviral Action of the Herb makes it Very Excellent for the Treatment of Cold Sores.

Essential oils made from Lemon Balm Leaves contain Plant Chemicals called Terpenes, which play at least some role in the Herb's Relaxing and Antiviral Effects.

The Lemon Balm Remedy can also Relaxes Spasms that cause Period Pain in the Reproductive System of Women, these Remedies can also bring relief from Excessive Irritability and Depression related to PMS and other conditions. The Remedies made from the Lemon Balm are also very useful as an Aid in Regulating Menstrual Periods and have found Traditional use in Relaxing and Strengthening Women during the process of Childbirth and in bringing on the Afterbirth.

The Lemongrass (*Cymbopogon Citratus*):



Lemongrass is a Perennial Herb used in South East Asian, South Pacific, and Caribbean Cooking. It has a Lemony Flavor and Fragrance. It is Dried and Powdered, or used Fresh. Over the years, Lemongrass has fast turned out to be one of the Most Wanted Plants by American Gardeners and this is attributed to the increasing popularity of Thai and South East Asian Cooking in the United States. Many Gardeners grow Lemongrass in the Beds, Borders and Burms to decorate their Plots. When Planted along the Walkways, Lemongrass Plants release a pleasant Aroma when swept against by the passers-by creating Wonderful Environs. The Plant also thrives well in Tubs and



Containers. It is advisable to grow the Plants in Pots so that they can be brought in during the Winter Months and maintain them in Vibrantly Illuminated Indoor Areas, thus being able to enjoy the Aromatic Plant throughout the Year.

Commonly used in Teas, Soups, and Curries it is also suitable for Poultry, Fish, and Seafood Recipes. It is a Tender Perennial whose Stalks are too tough to Eat, but they can be Chopped and Pounded to add flavor to your Favorite Recipes.

Although there are more than 50 varieties of the Genus *Cymbopogon*, the most popular for Cooking is the Malaysian West-Indian Lemon Grass (*Cymbopogon Citratus*) which is Most Popular. In India, Lemongrass is used both as a Medical Herb and its Essential Oil is and Antiseptic and also used in Perfumes. Very often the Essential Oil of Lemongrass is good for Treating Athlete's Foot.

Lemongrass is a Mild Diuretic and a Stimulation Tonic. The Herb promotes Digestion of Fats. Lemongrass stimulates Perspiration, Cooling the Body in Summer and Lowering Fevers. Lemongrass is well known for being the Mild Insect Repellent Citronella.

Lemongrass Leaves and the Essential Oils extracted from them are utilized to Cure Grouchy Nervous Conditions, Colds and Weariness. Many Massage Oils and Aromatherapy Oils have Lemongrass Oil as an Important Ingredient.

Lemongrass is prescribed to Treat Rheumatism and Sprains, suppress Coughs, and as Sedative.

Its Medicinal Application in Excessive Doses should be avoided while pregnant. It may cause the skin to be sensitive in some people who may be having Susceptible or Damaged Skin or people who may be enduring some kind of Allergic Reactions.

Yesterday, when I went to the Old Spaghetti Factory, I ordered some Green Tea to go with my Lunch.

I found the Higgen & Burke Green Tea so Refreshing and Better Tasting than ordinary Green Tea that I checked the package that the Tea Bag came in.

The Green Tea was Blended with Lemongrass, Lemon Balm and something called 'Lemon Verbena'. I had never heard of Lemon Verbena so I Researched it.

It got this:

Lemon Verbena (*Aloysia Triphylla*):



This Deciduous Shrub was introduced into England from South America in 1784. It reaches a Height of 15 feet in the Isle of Wight and in Sheltered Localities. The Leaves are Very Fragrant, Lanceolate, arranged in Threes, 3 to 4 Inches Long, with Smooth Margins, Pale Green in Colour, having Parallel Veins at Right-Angles to the Mid-Rib and Flat Bristles along the Edges. The many Small Flowers are Pale Purple, Blooming during August in Slim, Terminal Panicles. The Leaves, which have been suggested to replace Tea, will retain their Odour for Years and are used in Perfumery. They should be gathered at Flowering Time.

The Leaves as well as the Flowering Tops of Lemon Verbena possess Febrifuge, Antiseptic and Sedative Effects. The uses of Lemon Verbena are a Stomachic and Antispasmodic in Dyspepsia, Indigestion, Acidity and Flatulence. Lemon Verbena possesses a Mild Tranquilizing Effect and is reputed for easing Abdominal Uneasiness. A Herbal Tea prepared with the Leaves of the Herb possesses a delectably revitalizing Lemon Flavour and is Primarily Employed to Treat Digestive Problems.

Lemon Verbena encloses an Essential Oil having a Potent Lemony Aroma. This Essential Oil possesses Soothing as well as Digestive Properties. The Pleasantly Lemony Smelling Essential Oil contained by the Leaves of this Herb is Employed in Aromatherapy in Treating Nervous as well as Digestive Disorders. In addition, the Essential Oil is said to be Effective in Treating Skin Problem such as Boils, Acne and Cysts. All the Species of Genus Lippia abound in Volatile Oil.

Lemon verbena is also Employed to Cure Feverish Colds. People using this herb for a long period of time or in excessive amounts need to exercise a few precautions since it has the propensity to result in gastric irritation.

This Herb also has a Mild Tonic or Stimulating Action on the Nervous System and Facilitates in lifting the Spirits and combating Lethargy and Depression. It is also an Antispasmodic.

The Licorice (Glycyrrhiza Glabra):



Authentic Licorice Candy is very popular in Britain and in most parts of Europe, but not so much in America. Most of the Licorice that reaches the United States is used to Flavor Tobacco products.

The use of the Liquorice plant was first learnt by the Greeks in the 3rd Century BC. The Roman writers, Celsus and Scribonius Largus, mention Liquorice as Radix dulcis. Liquorice Extract was known in the

times of Dioscorides and appears to have been in common use in Germany during the Middle Ages. In 1264. Cultivation on a small scale has existed in England for a very long time.

The traditional Chinese Healers have known Licorice's Herbal Properties for ages and it is familiar as Gan Cao, the species of Licorice found in China and Russia.

However, Licorice Roots and Licorice Candy, especially those available in the US, has nothing or very little to do with each other. These two are entirely different products but unfortunately there is a Strong Misconception regarding the two products among people. Licorice candy gets its flavor from Anise Oil and contains very little or no Licorice whatsoever. Anise Oil has a flavor that is strikingly similar to that of Licorice and because of this it is often confused with Licorice, but the resemblance ends there. The properties are very different and where Licorice Roots are potentially Toxic the other is quite Common and Harmless.

It has a Soothing and Healing Effect on the Respiratory System and helps to ease Irritation and Inflammation. Because of its Expectorant Properties it is a popular and well-known remedy for Coughs, Consumption and Chest Complaints generally, notably Bronchitis, and is an ingredient in almost all Popular Cough Medicines on account of its valuable Soothing Properties. It is largely used in conjunction with Infusion of Linseed in the treatment of Irritable Cough, Sore Throat and Laryngitis. In an Infusion may be employed in the treatment of Sore Throat and in Catarrhal conditions of the Urinary Intestinal Tracts. Like aspirin, licorice is useful in relieving Headaches and Fevers.

The powdered root is useful in pill-making on account of its absorbent qualities, being used to impart stiffness to pill masses and to prevent the adhesion of pills. Powdered Liquorice Root has been almost entirely replaced by the Extract, though it is used in the well-known Compound Liquorice Powder, the Mild Laxative in which Senna and Fennel are the other Ingredients. It is added mainly on account of its Sweetness and Emollient qualities, the action of the Powder being mainly due to the Senna contained.

Licorice gets its Sweetness from Glycyrrhizin, which is a Saponin Glycoside present in the Roots. On an average 5 to 9 percent of the Roots are made up of Glycyrrhizin, which is fifty times sweeter than Sugar.

Its affinity for the Endocrine System makes Licorice a most remarkable Herb, which when used judiciously can be very helpful in treating many Human Ailments. Licorice has an Anti-Inflammatory, Antiallergic and Antiarthritic effect similar to that of Cortisone but without its side effects. This is because of glycyrrhizin which has a structure similar to Hormones produced by the Adrenal Glands. Its Antiallergic Effect makes it very useful in treating Allergic Rhinitis, Hay Fever, Conjunctivitis and Bronchial Asthma. Licorice Gel, applied Topically, also helps to Relieve Allergy Symptoms of Itching, Swelling, and Redness.

Licorice's Mild Estrogenic Properties and can be very helpful during Menopause. It gets these properties from the Steroid Like Compounds present in it which can change to Estrogen Precursors like Estradiol and Estrone.

Licorice can act as a Mild Laxative and can also relieve Indigestion and Heartburn by Lowering Stomach Acid Levels.

The herb is popularly used to ease Irritation and for Inflammation and Spasm in the Digestive Tract. Licorice is reputed to Heal Ulcers. Stomach Ulcers Heal quickly when there are high levels of Prostaglandins in the Stomach and the upper Intestine. Licorice helps in bringing about higher levels of Prostaglandins in the Stomach and the Oppor Intestine. This happens because Licorice prevents the secretion of Gastric Acid and reduces the activity of Pepsin. This in turn curbs the Enzymes that Dismantle Prostaglandins. Studies done on Rats also seem to corroborate this. It has also been found that the majority of people with Mouth Ulcer Canker Sores who gargled 4 times per day with Licorice

Extract dissolved in Warm Water get Pain Relief.

The Herb Acts on the Liver and helps increase Bile Flow and it also helps Lower Cholesterol Levels. Licorice helps the Body to built up Resistance to stress by acting on the Adrenal Glands.

The Herb is handy for people coming off Orthodox Steroid Medications as it has the effect of revitalizing or energizing the body. Licorice is quite useful in bringing back the liveliness when one is feeling tired or fatigue especially after Surgery or during Convalescence. It is a Good Stress Reliever-both Physical and Emotional.

Physicians in Japan use Licorice to treat Hepatitis B as Glycyrrhizin interferes with the Hepatitis B surface Antigen. And China has found that Licorice is useful for treating Pesticide Poisoning. They consider Licorice a Powerful Antitoxin.

Of Licorice, Nicholas Culpeper wrote:

"The English liquorice root shoots up several woody stalks, whereon are set, at several distances, many narrow, long green leaves, set together on both sides of the stalks and an odd one at the end, nearly resembling a young ash tree sprung up from the seed. . . . This, by many years of continuance in a place without removal, and not else, will bring forth numerous flowers, standing together spike fashion, one above another upon the stalks in the form of pea-blossoms, but of a very pale blue colour, which turn into long, somewhat flat and smooth pods, wherein is contained small, round, hard seed. The root runneth down exceeding far into the ground, with divers smaller roots . . . they shoot out suckers in every direction, by which means the product is greatly increased."

However, if Over Consumed, there is a condition that can occur where there is an Excessive Secretion of Aldosterone which is an Adrenal Cortex Hormone. Excessive quantities of this in the human body can be disastrous. It can lead to High Blood Pressure and in some cases even Heart Failure and Cardiac Arrest. Other symptoms like Headache, Lethargy, Sodium and Water Retention and Excessive Excretion of Potassium are also seen.

With Increased Consumption, its Toxic Effects are apparent within a matter of Days or a single Week. There is for instance one popular Herbal Cough Remedy available in the market which if over used could be really bad. It contains 1 ounce of Licorice Root per quart of Water and the directions suggest One Half Pint at bedtime. Also suggested are additional quantities as and when needed. This means that the daily amount might be Doubled or even Tripled depending on the person and the frequency of use. With each Half Pint easily containing 0.5 gram of glycyrrhizin, the amount of glycyrrhizin in the body could easily reach Toxic Proportions.

### The Licorice Fern (*Polypodium Glycyrrhiza*):



Liquorice fern was Employed Medicinally by several Native North American Indian Tribes who used it especially as a treatment for a variety of Chest Complaints. It is little, if at all, used in Modern Herbalism. This Fern does contain Thiaminase, an Enzyme that Robs the Body of its Vitamin B Complex. In small quantities this Enzyme will do no Harm to People Eating an Adequate Diet that is Rich in Vitamin B, though large quantities can cause Severe Health Problems. The Enzyme is Destroyed by Heat or Thorough Drying, so Cooking the Plant will remove the Thiaminase.

The Rhizomes of the Licorice Fern are an Alterative, Carminative, Haemostatic and Pectoral. The Raw Rhizomes have been Eaten, or an Infusion has been used, in the Treatment of Coughs and Colds, Chest Pains, Shortness of Breath and Veneral Disease.

Coughs have been Treated by Chewing and Slowly Swallowing the Juice of the Roasted Rhizome. The Roots have been used in the Treatment of Colds and Sore Throats.

The Licorice Fern Roots have been Chewed, and the Juice Swallowed, as a Treatment for Sore Throats and the Spitting or Vomiting of Blood.

### The Lilac (*Syringa Vulgaris*):





Known for being a Plant of Wisdom, it is awesome for a Wedding Toss when mixed with Pink or Lavender Rose Petals. They are Lovely to Decorate the Aisle, Tables & more. Some say Lilac promotes Wisdom, Memory, Good Luck and is a Spiritual Aid. Lilac helps to activate all the Sacred Chakras, and eases tension throughout the body - especially the Spine. The Lilac is closely connected with Nature Spirits. It is also Burned as Incense to attract Harmony into one's life, and also to Stimulate or Increase Psychic Powers.

I found it said that Lilac helps with Past Life Work, Exorcism, Psychicism and attracts Harmony in your Life. It is also said to help clear a Haunted House if the Fresh Flowers are placed in it.

As far as its Medicinal Properties all there is that its Leaves and Fruit are good for Counteracting Illnesses such as Malaria, helps to Reduce Fevers, a Mouthwash made from it is good for Curing Mouth Ulcers, and helps to Kill and Expel Internal Parasites. So there is not much Medicinal Uses for Lilac. It has more Spiritual Properties than Medicinal in the Form of Fresh Flower for its Aroma, and when it is Burnt as an Incense.

The Linden Tree (Tilia Cordata):



The Linden Herb is known by a few other various names, such as Lime Tree, and the Bast Tree. Honey made from the Nectar of these Flowers is regarded as the Best Flavoured and the Most Valuable Honey in the world. It is used exclusively in Medicine and in Liqueurs as well as Herbal Teas such as Tisane Tea. The Linden Tree is known to grow over 100 feet tall and can live for around 1,000 years.

The Linden Flower Tea has been used since the Late Middle Ages as a Diaphoretic, which promotes Perspiration, which explains why I was Perspiring a lot during Work during the time that I was drinking Tisane Herbal Tea.

The Linden Flower is also recommended as both a Nervine Tranquilizer and Stimulant, which is actually two quite Contradictory uses. It helps to Relieve Tension and Anxiety, Aids Sleep, Calms Restless and Excitable Children and Reduces Muscle Tension. But if too much is taken, then it causes Nervous Disorders. Baths with Linden also has a Calming and Decongestive Action. Linden Flower Herbal Tea mixed with Sodium Bicarbonate is used as Throat Wash for Inflammations of the Tonsils.

A Light Charcoal of the Wood of Linden has been used to Treat Gastric or dyspeptic Disturbances, and this Powder has been found to be useful for Treating Burns or Sore Joints and Muscles.

Linden Flowers are considered valuable in the treatment of Headaches, Indigestion, Hysteria, Period Pains, Colic, Cramps and Diarrhea. A number of Flavoring Compounds are found in Linden Flowers. A Pleasant-Smelling Volatile Oil also occurs in the Flowers. When mixed with Chamomile and Mint, Linden Flowers ease Digestion and Tonify the Gastric Mucous. Having a Sudorific, Antithermic, Emollient and Expectorant Action, Linden is used as a Tea for treating Common Colds, Convulsive Coughs, and Influenza.

Linden Flower's Relaxant Effects on the Arteries combined with the beneficial action of its Bioflavonoid, make it a useful remedy for reducing High Blood Pressure and Arteriosclerosis. It was once found to be so effective in Treating of Epilepsy that it was thought that an Epilepsy Patient could be cured simply by sitting under the Tree. And if the Flowers used for making Linden Flower Tisane Tea are too old they may produce symptoms of Narcotic Intoxication.

However, it does have one Contraindication, which is that too-frequent use of Linden Herbal Tea may result in damage to the Heart which has happened only occasionally and as a result of Excessive Intake of the Beverage. So those with known Cardiac Problems would do well to avoid consuming Linden Herbal Tea.

The Lobelia (*Lobelia Inflata*):



The Native Aboriginal Peoples in the American Continent were the first to use the Lobelia. It was Traditionally Smoked so that is where it got its Nickname of "Indian Tobacco". The American Aboriginals mainly used it to bring Relief from the Symptoms of Asthma and Various Disorders of the Lung. In the 19th century the Lobelia was brought to a Prominent Position on the Herbal List by the American Herbalist Samuel Thomson. Lobelia was a Traditional North American Aboriginal Remedy for a wide range of conditions. These Disorders ranged from all kinds of Fevers to different Venereal Diseases, as well as Stiff Necks and Earaches. Nowadays it is used mainly as a Powerful Antispasmodic Herb in the Treatment of Respiratory and Muscle Disorders. The Whole Plant is Harvested when the Lower Fruits are Ripe and it is used Fresh or Dried.

Acting also as a Respiratory Stimulant, Lobelia is a Valuable Remedy for Conditions such as Bronchial Asthma and Chronic Bronchitis. The Dried Flowering Herb and the Seed are an Antiasthmatic, Antispasmodic, Diaphoretic, Diuretic. It is also an Emetic, Expectorant and a Nervine.

The Lobelia Herbal Plant is taken Internally for the Treatment of Asthma, Bronchitis, Whooping Cough and Pleurisy. This Herbal Plant contains the Alkaline "Lobeline" which has proved to be of value in helping people to give up Smoking Tobacco. It is contained in many Proprietary Anti-Smoking Mixtures where it Mimics the effects of Nicotine. The Alkaloids present in the Leaves are used to Stimulate the Removal of Phlegm from the Respiratory Tract. Lobelia also helps to Promote the Coughing Up of Accumulated Phlegm.

Externally, the Herbal Plant is used in Treating Pleurisy, Rheumatism, Tennis Elbow, Whiplash Injuries, Boils and Ulcers. A Tincture made of Lobelia can be used as a Local External Application for Sprains, Bruises, or Skin Diseases.

This Herb does have some Contraindications. This Remedy should be used with Great Caution and only

under the Supervision of a Qualified Practitioner. Excessive Doses cause Nausea, Vomiting, Drowsiness and Respiratory Failure. When Chewed, the Leaves induce Vomiting, Headache and Nausea and in Larger Doses it has caused Death. The Alkaloids First Act as a Stimulant and then as a Depressive to the Autonomic Nervous System and in High Doses Paralyzes Muscular Action in the same way as Curare.

The Lovage (*Levisticum Officinale*):



It has the Taste and Smell of Celery, but unlike Celery, Lovage is a Perennial Plant that grows over and over again each year, so this Plant yields a crop of its Vegetation every year without having to resow it. In Cooking, its unique Flavor, which is a combination of strong Celery flavour with a hint of Anise, lends a wonderful flavor to Soups, Stews, Stocks, Salads, Meat, Potato and Tomato Dishes. The Seeds and Seed Oil are used for Flavoring Agents in Confectionery and Liqueurs. The Stems are used for Candied Products. The Roots, are Strongly Aromatic and contain extractable Essential Oils.

As for its Medicinal Properties, it is mostly prescribed for Stomach Problems, Kidney Problems, and Headaches. It appears that Lovage does contain Diuretic Properties (mostly in the Root), and has been observed to work well as an Anti-Flatulence Agent and for Colic in Children. Chewing on the Dried Root supposedly keeps one Alert.

The Roots and Fruit are Aromatic and Stimulant, and have a Carminative action. The Leaves eaten as Salad, or Infused Dry as a Tea, used to be accounted a good Emmenagogue. An Infusion of the Root was recommended for Gravel, Jaundice and Urinary Troubles.

Of Lovage, Nicholas Culpeper wrote:

"It opens, cures and digests humours, and mightily provokes women's courses and urine. Half a dram at a time of the dried root in powder taken in wine, doth wonderfully warm a cold stomach, helps digestion, and consumes all raw and superfluous moisture therein; eases all inward gripings and pains,

dissolves wind, and resists poison and infection. It is a known and much praised remedy to drink the decoction of the herb for any sort of ague, and to help the pains and torments of the body and bowels coming of cold."

It does have a Contraindication as it is an Abortifacient, which means that it is a Herb and can Induce Abortions. So consumption of this Vegetable Herb should be limited by Pregnant Women. Other than that, Lovage is generally recognized as Safe for Human Consumption as a Natural Seasoning and Flavoring Agent.

The Madder (*Rubia Tinctorum*):



Madder has no Nutritional Benefit. The Stalks of the Madder are so weak that they often lie along the ground, preventing the Plant from rising to its maximum height of 8 feet. The Stalks are Prickly, and the Leaves at the Joints have Spines along the Underside, a feature that the French turn to advantage by using them for Polishing Metal Working. The Madders Roots can be over a meter long, up to 12 mm thick and the source of a Red Dye known as Rose Madder. It prefers Loamy Soils with a Constant Level of Moisture. Early evidence of dyeing comes from India where a piece of Cotton Dyed with Madder has been recovered from the Archaeological Site at Mohenjo-daro (3rd millennium BCE). The Red Coats of the British Redcoat Infantry Soldiers were Dyed with Madder:





Madder was mainly used for its Dye Pigmentation, not for its Medicinal Benefits. Most of the Websites stated that it had very few Medicinal Benefits, so for what it is supposed to be good for, there must be other Plants or Herbs that work much better than Madder for given Ailments.

Madder is still sometimes used for Urinary Tract problems, similarly as Cranberry Juice is. Those who use it will quickly realize how powerful it can be in turning urine red. Madder has been known to be used for helping to break down Kidney Stones.

Of Madder, Nicholas Culpeper wrote:

"It is a sure remedy for the yellow jaundice, by opening the obstructions of the liver and gall, and cleansing those parts; it opens also the obstructions of the spleen, and diminishes the melancholy humour. It is available for the palsy and sciatica, and effectual for bruises inward and outward, and is therefore much used in vulnerary drinks. The root for all those aforesaid purposes, is to be boiled in wine or water, as the cause requires, and some honey and sugar put thereunto afterwards. The seed hereof taken in vinegar and honey, helps the swelling and hardness of the spleen. The decoction of the leaves and branches is a good fomentation for women that have not their courses. The leaves and roots beaten and applied to any part that is Discoloured with freckles, morphew, the white scurf, or any such deformity of the skin, cleanses thoroughly, and takes them away."

The Magnolia Tree (*Magnolia Acuminata*):



The Genus is named in commemoration of Pierre Magnol, a Famous French Professor of Medicine and Botany of Montpellier in the early 18th Century. All the species of these Trees possess similar Therapeutical Virtues, which are found especially in the Bark and Fruit.

The Bark, either of the Trunk or Root, is the Medicinal part; its Odor is Aromatic, and it has a Warm Taste. It is Bitterish, and Pungent, though these Properties, with the Exception of the Bitterness, are lost by Age. The Bark is taken off during the Spring and Summer. The Bark is Ashen, Smooth, and Silvery Externally. The Bark is then White and Fibrous Internally. The appearance of the Bark varies much, depending upon the Species.

The Magnolia Bark is an Aromatic Bitter Tonic, of Reputed Efficacy, and appears likewise to possess Antiperiodic Properties. Intermittent Fevers have been Cured by it after Cinchona had Failed. It is not so apt to disagree with the Stomach and bowels, nor to induce fullness of the Head as Cinchona and can be continued a longer time with more Safety in all respects. Its Healing Properties is said to be because by its Diaphoretic Action which generally follows its Administration. The Bark of the Magnolia makes a good Substitute for Tobacco has been know to help Cure an Inveterate Tobacco Chewer of this Filthy Habit, and deserves a further Trial among those who wish to break up the Pernicious Practice.

In Dyspepsia, with Loss of Tone in the Stomach, it is very useful as a Tonic, and has also proved of much service in the Treatment of Remittents with Typhoid Symptoms.

A Warm Infusion acts as a gentle Laxative and Sudorific. A Cold Infusion is used as a Tonic and Antiperiodic, as does also the Tincture and Powder. The Powder is considered the Preferable Form of Administration. The Bark in Powder Form, Administered as an Infusion is good for Treating Chronic Rheumatism.

Magnolia Bark Tincture, made by adding an Ounce of the Powder to a Pint of Brandy has long been used as a Domestic Remedy for Dyspepsia.

Magnolia has a Contraindication when there are Inflammatory Symptoms present. Though possessing undoubted Tonic properties, Magnolia is now seldom used in Herbal Medicine.

### The Mallow (Malva Sylvestris):



Interestingly, an Ancient Roman Poet, who was well-known for his Self-Indulging Practices, considered the High Mallow to be a Healing Agent Beneficial for Getting

Rid of the Repercussions of Orgies. The Roots are not considered of much value compared with those of the Marsh Mallow, and as a Rule the Leaves and Flowers are used only, mainly externally in Fomentations and Poultices. The Leaves can be used Fresh whenever they are Available or can be Harvested in the Spring and Dried for later use. The Flowers are Harvested in the Summer and can be Dried for later use.

The Leaves and Flowers can be Eaten as part of the Diet, or a Tea can be made from the Leaves, Flowers or Roots. The Leaves and Flowers are the Main Parts Used, their Demulcent Properties making them Valuable as a Poultice for Bruises, Inflammations, and Insect Bites. Mallow has similar properties, but is considered to be Inferior to the Marsh Mallow, so that Marsh Mallow Herb is preferably used instead. But the Mallow is perfectly good to be used if Marsh Mallow is not available.

All Parts of the Plant are an Antiphlogistic, Astringent, Demulcent, Diuretic. It is also an Emollient, Expectorant, Laxative, and a Salve.

Mallow can be Taken Internally in the Treatment of Respiratory System Diseases and Problems with the Digestive Tract. Infusions and Tinctures prepared from Mallow may be used to help in the Recuperating Processes. They are Highly Effectual in Healing Gastritis and Stomach Ulcers, Laryngitis and Pharyngitis. When combined with Eucalyptus it makes a Good Remedy for Coughs, Upper Respiratory Catarrh, Bronchitis, and other Chest Ailments.

Mallow's Repute as a Cure-All Medicine in the earlier times was owing to the fact that the Herb, particularly its Roots, encloses Substantial Quantity of Mucilage. Owing to the High Presence of this Jelly-Like Substance in Mallow, Rural Herbal Practitioners Recommended the Herb to Heal Digestive and Urinary Tract Swellings and Irritations. The Plant is an Excellent Laxative for Young Children.

American Aborigines as well as Modern Herbal Practitioners recommend using Poultices prepared from the Herb or its Derivatives to Alleviate Pain or Soreness from Insect Stings as well as Swellings in the Body.

Of the Mallow, Nicholas Culpeper Wrote:

"The leaves of either of the sorts, both specified, and the roots also boiled in wine or water, or in broth with Parsley or Fennel roots, do help to open the body, and are very convenient in hot agues, or other distempers of the body, to apply the leaves so boiled warm to the belly. It not only voids hot, choleric, and other offensive humours, but eases the pains and torments of the belly coming thereby; and are therefore used in all clysters conducing to those purposes. The same used by nurses procures them store of milk. The decoction of the seed of any of the common Mallows made in milk or wine, doth marvellously help excoriations, the phthisic pleurisy, and other diseases of the chest and lungs, that proceed of hot causes, if it be continued taking for some time together. The syrup also and conserve made of

the flowers, are very effectual for the same diseases, and to open the body, being costive. The leaves bruised, and laid to the eyes with a little honey, take away the imposthumations of them. The leaves bruised or rubbed upon any place stung with bees, wasps, or the like, presently take away the pain, redness, and swelling that rise thereupon. The leaves and roots work the same effects. They help much also in the excoriations of the bowels, and hardness of the mother, and in all hot and sharp diseases thereof. The juice drank in wine, or the decoction of them therein, do help women to a speedy and easy delivery. The juice of Mallows boiled in old oil and applied, takes away all roughness of the skin, as also the scurf, dandriff, or dry scabs in the head, or other parts, if they be anointed therewith, or washed with the decoction, and preserves the hair from falling off. It is also effectual against scaldings and burnings, St. Anthony's fire, and all other hot, red, and painful swellings in any part of the body. The flowers boiled in oil or water (as every one is disposed) whereunto a little honey and allum is put, is an excellent gargle to wash, cleanse or heal any sore mouth or throat in a short space. If the feet be bathed or washed with the decoction of the leaves, roots, and flowers, it helps much the defluxions of rheum from the head; if the head be washed therewith, it stays the falling and shedding of the hair."

The Mandrake (*Atropa Mandragora*):



It closely resembles Ginseng, Parsnips, and is a member of the Belladonna Deadly Nightshade Family of Herbs. I remember it being mentioned in the movie Excalibur when Merlin asks Morgan La Fay what that Root is, and she picks it out and goes "Mandrake!". Merlin then asks, "And what is it good for?". Morgan La Fay replies, "It prolongs the act of Love." Then Merlin goes, "And if too much is taken?". Morgan La Fay replies, "Pain and Death!". Merlin snatches away the Mandrake Root away and says, "Oooh, you do know something of the Art".

Similarly to Ginseng, Parsnips and Belladonna, Mandrake Roots sometimes takes on a Human Shape and has a Long History of Medicinal use, though superstition has played a large part in the uses it has been applied to. A frequently-quoted example of early Chemical Warfare is an incident from 200 B.C. when Carthaginian Defenders of a City withdrew, leaving behind quantities of Wine laced with Mandrake. The Invading Romans Drank the Wine, and then were rendered Insensible, and were Killed by the Returning Defenders. Mandrake was fabled to grow under the Gallows of Murderers, and it was believed to be Death to Dig Up the Root, which was said to utter a Shriek and Terrible Groans on being Dug Up, which none might Hear and Live.

Dioscorides alludes to the employment of Mandrake to produce Anaesthesia when Patients are Cut or Burnt. Pliny refers to the effect of the Odour of Mandrake as causing Sleep if it was taken "before Cuttings and Puncturings lest they be Felt". In sufficient quantities it induces a State of Oblivion and was used as an Anaesthetic for Operations in Early Surgery.

Mandrake is now rarely prescribed in modern herbalism, though it contains Hyoscine which is the standard Pre-Operative Medication given to soothe Patients and reduce Bronchial Secretions.

Mandrake Leaves are Harmless and Cooling. They have been used for Ointments and used to Treat External Ulcers. Boiled in Milk and used as a Poultice, they were employed as a Treatment for Indolent Ulcers. It was once used to treat Travel Sickness.

In the past, Mandrake Juice from its Finely Grated Root was applied Externally to Relieve Rheumatic Pains, Ulcers and Scrofulous Tumours. Mandrake was also used Internally to treat Melancholy, Convulsions and Mania.

Of Mandrake, Nicholas Culpeper wrote:

The green leaves, bruised with axungia and barley-meal, heal all hot swellings and inflammations. Infused in wine, and drank, it causeth sleep, and easeth pains; the apples smelt to, or the juice taken in a small quantity, also cause sleep. The seed and fruit do cleanse the womb. It heals vehement pains of the head, and the tooth-ache, when applied to the cheeks and jaws, and causeth sleep."

Mandrake definitely has some Contraindications. The Fresh or Dried Root contains Highly Poisonous Alkaloids and is Cathartic, Strongly Emetic, Hallucinogenic and is a Narcotic. When taken internally in large doses, it is said to excite Delirium and Madness. The Root should be used with Caution, and only under the Supervision of a Qualified Physician, Doctor, or Herbologist.

Among the old Anglo-Saxon Herbals both Mandrake and Periwinkle are endowed with Mysterious Powers against Demoniactal Possession. At the end of a description of the Mandrake in the Herbarium of Apuleius there is this prescription:

'For witlessness, that is devil sickness or demoniactal possession, take from the body of this said wort mandrake by the weight of three pennies, administer to drink in warm water as he may find most convenient - soon he will be healed.'



The Marigold (*Calendula Officinalis*):



This Herbal Plant is Commonly Cultivated in Gardens as an Ornamental Herb, The Marigold is one of the Best Known and Versatile Herbs in Western Herbal medicine and is also a Popular Domestic Remedy. The Leaves can be used Fresh or Dried, they are Best Harvested in the Morning of a Fine Sunny Day just after the Dew has Dried from them. The Flowers are also used Fresh or Dried. For Drying, they are Best Harvested when Fully Open and need to be Dried Quickly in the Shade.

It is mainly used as a Remedy for Skin Problems and is applied Externally to Bites and Stings, Sprains, Wounds, Sore Eyes, and Varicose Veins. It is an Excellent Remedy for Minor Burns and for Problems such as Sunburn. It is a Good Remedy for Acne and for the Treatment of Rashes. The Herb also Soothes Nipples that are sore from Prolonged Breast Feeding Sessions.

A Herbal Tea made from the Petals tones up the Circulation and, when taken regularly, can help ease Varicose Veins. An application of the Crushed Stems to Corns and Warts will soon render them easily Removable. A Decoction of the Flowers is much in use in Country Districts to bring out Smallpox, Chickenpox, and Measles.

The Whole Plant, but especially the Flowers and the Leaves, is an Antiphlogistic, Antiseptic, Antispasmodic, Aperient, and an Astringent. It is also a Cholagogue, Diaphoretic, Emmenagogue, Stimulant, a Skin Tonic, and a Vulnerary. The Acrid Qualities of the Plant have caused it to be Recommended as an Extirpator of Warts.

It is also a Cleansing and Detoxifying Herb and is taken Internally in Treating Fevers and Chronic Infections. It also help to Prevent Suppuration. Only the Common Deep-Orange Flowered Variety is considered to be of Medicinal Value. It even has some Carcinogenic Properties in that it is useful in Treating Cancer of Different Tissues.

Pelvic and Bowel Infections have also been Treated using the Marigold, these includes Disorders such as Enteritis, Persistent Dysentery, Intestinal Worms and Amoebic Infections. Marigold also helps with Disorders such as Gastritis, Diarrhea, and Peptic Ulcers.

A Lotion made from the Flowers is most useful for Sprains and Wounds, and a Water Distilled from them is Good for Inflamed and Sore Eyes. The Marigold is of the Extreme Value when used either as a

Herbal Salve or in the form of a Dilute Tincture when Treating any type of External Skin, Muscle or Blood Vessel Disorders - these can include Sundry Wounds, all kinds of Sores, problems like Cramped or Pulled Muscles, Problems like Boils, Slight to Heavy Bruises, Muscle Sprains, problems like Athlete's Foot, Light Burns and Frostbites, as well as many other Topical Complaints.

It is also helpful in Treating Suppression of the Menstrual Cycle in Women. It also helps bring Relief from Menstrual Cramps. The Marigold also possesses Estrogenic Effects that Aids Women during the time of Menopause and the same property of the Herb also reduces Breast Congestion in Women. The Potent Astringent Property of the Calendula Aids the Body by Reducing Excessive Bleeding and Uterine Congestion in Women. An Infusion of Marigold can be used as an Effective Douche for Treating Yeast Infections in the Vaginal Cavity.

The Leaves, when Eaten in a Salad, have been considered useful in the Scrofula of Children.

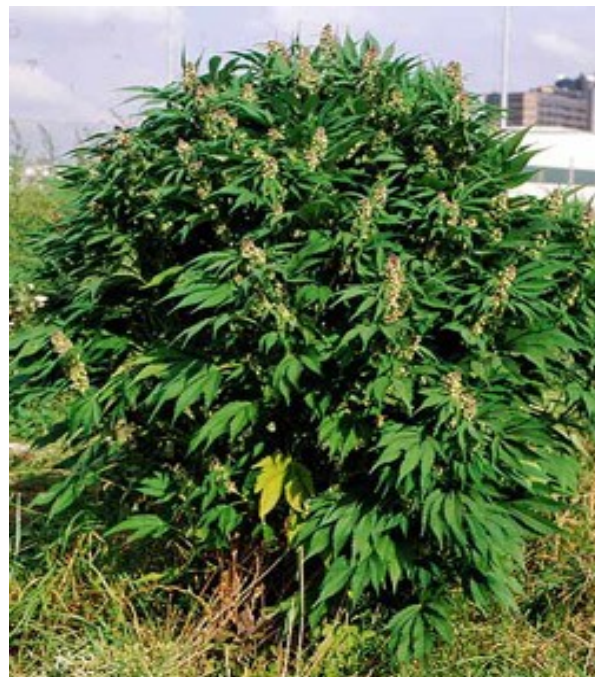
Dried and Powdered then Snuffed up the Nose, it excites Sneezing and a Discharge of Mucous from the Head.

The Leaves, Blossoms and Buds are used to make a Homeopathic Remedy. It is used Internally in order to Speed the Healing of Wounds.

Of the Marigold, Nicholas Culpeper wrote:

"They strengthen the heart exceedingly, and are very expulsive, and a little less effectual in the smallpox and measles than saffron. The juice of Marigold leaves mixed with vinegar, and any hot swelling bathed with it, instantly gives ease, and assuages it. The flowers, either green or dried, are much used in possets, broths, and drink, as a comforter of the heart and spirits, and to expel any malignant or pestilential quality which might annoy them. A plaister made with the dry flowers in powder, hog's-grease, turpentine, and rosin, applied to the breast, strengthens and succours the heart infinitely in fevers, whether pestilential or not."

The Marijuana Cannabis Hemp (Cannabis Sativa):



The Marijuana Hemp Plant is an Annual, the Erect Stems growing from 3 to 10 feet or more high, very slightly branched, having Grayish-Green Hairs. The Leaves are Palmate, with five to seven. The Small Flowers are Unisexual, the Male having five almost separate, downy, pale yellowish segments, and the Female a single, hairy, glandular, five-veined Leaf enclosing the Ovary in a sheath. The Ovary is smooth, One-Celled, with one hanging Ovule and two Long, Hairy thread-like Stigmas extending beyond the Flower for more than its own length. The Fruit is small, smooth, light brownish-grey in colour, and completely filled by the Seed. The Leaves and the Resin that exudes from them are the parts mainly used, though all parts of the Plant contain the Active Ingredients. Cannabis contains a wide range of Active Ingredients, perhaps the most important of which is THC.

The Marijuana Hemp Plant is believed to have originated in the area of the Himalayan Mountains, Marijuana has spread and now Grows Naturally in Persia, Northern India and Southern Siberia, and probably in China. It is largely cultivated in Central and Southern Russia. It is sometimes found as a Weed in England, probably due to Seeds from Birdcages, as they are much used in feeding Tame Birds. The Drug that is official in Europe comes from Bogra and Rajshahi, north of Calcutta, or sometimes from Guzerat and Madras. It is called Guaza by London merchants. It has been grown for its Fibre contents, but that type of Cannabis contains less of the Medicinally Active Compounds, although it does have a very Long History of Medicinal use. It is now deemed an Illegal Narcotic in many Countries since the Leaves and other parts of the Plant are considered to have a very bad Narcotic Affect.

Although Marijuana Hemp does not effect a Cure for many of the problems it is prescribed to Treat, few Plants have a greater array of Folk Medicine uses. It is a Very Safe and effective Medicine for helping to Reduce the Symptoms of many Serious Diseases. Marijuana Hemp does much for easing Pain and inducing Sleep, and for a Soothing Influence in Nervous disorders such as when one has the Shakes from Multiple Sclerosis and Convulsive Seizures of Epilepsy. It also helps in Curing Conditions that cause Insanity Disorders. As long as it is used regularly, it also greatly reduces the pressure in the Eye to relieve the Symptoms of Glaucoma. The Marijuana Hemp Plant has been used in the treatment of a wide range of conditions including Alcohol Withdrawal, Anthrax, Asthma, Blood Poisoning, Bronchitis, Burns, Catarrh, Childbirth, Coughs, Cystitis, Delirium, Depression, Diarrhea, Dysentery, Fever, Gonorrhea, Jaundice, Lockjaw, Malaria, Migraine, Morphine Withdrawal, Palsy, Rheumatism, Scalds, Snakebite, Swellings, Tetanus, Toothache. It is a useful Anti-Inflammatory, Antispasmodic, Diuretic, Emollient, Hypnotic, Hypotensive, Laxative, Narcotic, Neuralgia, and a Sedative. It is also good for Treating Gout, Rheumatism, and Infantile Convulsions. It is used Externally as a Poultice for Corns, Sores, Varicose Veins, Gout and Rheumatism. A High Content of Very Active Antibacterial and Analgesic Substances has been found in the Marijuana Hemp Plant. It has Bactericidal Effects on Gram-Positive Micro-Organisms, in some cases up to a Dilution of 1:150,000.

It is a Major Appetite Stimulant as well as a Reliever of the Nausea caused by Chemotherapy Cancer Treatments. Given to Patients suffering from AIDS, it helps them to put on Weight. Since it Strongly Increases the Desire for Food it has been found of Benefit in Treating Anorexia Nervosa.

The Marijuana Hemp Seed is Anodyne, Anthelmintic, Demulcent, Diuretic, Emollient, Emmenagogue, Febrifuge, Laxative, Narcotic and Tonic. It is used to Treat Constipation caused by Debility or Fluid Retention. The Seed is an important source of Essential Fatty Acids and can be very helpful in the Treatment of many Nervous Diseases.

The tincture helps Parturition, and is used in Senile Catarrh, and all Painful Urinary Infections. An Infusion of the Seed is useful in After Pains and Prolapsus Uteri. The Resin may be combined with Ointments, Oils or Chloroform in Inflammatory and Neuralgic Complaints.

A Drying Essential Oil is obtained from the Seed. It is used for Lighting, Soap Making, Paints and Varnish. In the temperate zone, the Essential Oil is produced from Females which have been left to stand after the Fibre-Producing Males have been Harvested. A Varnish is made from the Pressed Seeds. A Fibre is obtained from the Stem. It is Strong and Very Durable and is used in making Coarse

Fabrics, Rope as well as Paper Products. Male Plants produce the Best Fibers and they are Harvested when the Plants turn Brown and the Pollen Stamen part of the Flowers begin to open. When used for making Paper the Stems are Harvested in the Autumn and either Retted or Steamed so that the Fibers can be removed. The Fibre is cooked for 2 hours or more with Lye and then beaten in a Ball Mill or Hollander Beater. The Paper is Off-White in Colour. Marijuana Hemp makes a good companion Plant for Cabbages and other Brassicas, it Repels the Cabbage White Butterfly and also Secretes a Volatile Essence from its Roots that Inhibits Pathogenic Micro-Organisms in the Soil.

The Marshmallow (*Althaea Officinalis*):



Found Growing in Abundance in Moist and Wet places all over the World, Marshmallow is a Perennial Aromatic Herb that is sometimes found to grow up to four feet in height. While the Herb can be found growing in Plenty in the Wild, it is also Cultivated Commercially for Medicinal Use. The Root of the Plant is White in Color and Tastes Sweet similar to the Parsnip. Marsh Mallow is a very useful Household Medicinal Herb. Its Soothing Demulcent Properties make it Very Effective in Treating Inflammations and Irritations of the Mucous Membranes such as the Alimentary Canal, the Urinary and the Respiratory Organs. The Leaves are Harvested in August when the Plant is just coming into Flower and can be Dried for later use. The Root is Best Harvested in the Autumn, preferably from 2 year old Plants, and is Dried for later use.

The Root Counters Excess Stomach Acid, Peptic Ulceration and Gastritis. The Marshmallow has Moderate Laxative Properties and is therefore helpful in Healing Several Problems of the Intestines, including Colitis, Ileitis, Irritable Bowel Syndrome and Diverticulitis. It is also Applied Externally to Bruises, Sprains, Aching Muscles, Insect Bites, Skin Inflammations, and Splinters.

The Whole Plant, but Especially the Root, is Antitussive, Demulcent, Diuretic, Highly Emollient, and Odontalgic. The Great Demulcent and Emollient Properties of Marsh Mallow make it useful in Inflammation and Irritation of the Alimentary Canal, and of the Urinary and Respiratory Organs.

Boiled in Wine or Milk, Marsh Mallow Root helps to Relieve Diseases of the Chest, constituting a Popular Remedy for Asthma, Coughs, Bronchitis, and Whooping Cough. The Powdered Root Boiled in Milk also helps to Treat Haemorrhages of the Urinary Organs and Treating Dysentery.

An Infusion of the Leaves is used to Treat Cystitis and Frequent Urination. It is Excellent in Painful Complaints of the Urinary Organs, exerting a Relaxing Effect upon the Passages, as well as Acting

Curatively. Decoctions of the Marsh Mallow Herbal Plant, especially of the Root, are very useful where the Natural Mucus has been Abraded from the Coats of the Intestines. This Decoction is also effective in Curing Bruises, Sprains or any Ache in the Muscles or Sinews.

The Root can be used in an Ointment for Treating Boils and Abscesses. There is also an Ointment or Cream which is made with Marshmallow Leaves and Elder Flowers is an Excellent Remedy to Cure Facial Aching, Skin Rashes or Eruptions, Leg Ulcers more rapidly.

The Dried Root is used as a Toothbrush or is Chewed by Teething Children. It has a Mechanical Affect on the Gums whilst also helping to ease the Pain. The Root is also used as a Cosmetic, helping to Soften the Skin. A Fibre from the Stem and Roots is used in Paper-Making. The Dried and Powdered Root has been used to bind the Active Ingredients when making Pills for Medicinal Use. A Glue can be made from the Marshmallow Root.

Of the Marshmallow, Nicholas Culpeper wrote that it has similar Herbal Benefits as the Mallow, but also wrote:

"The marshmallows are more effectual in all the diseases before mentioned. The leaves are likewise used to loosen the belly gently, and in decoctions or clysters to ease all pains of the body, opening the strait passages, and making them slippery, whereby the stone may descend the more easily and without pain, out of the reins, kidneys, and bladder, and to ease the torturing pains thereof. But the roots are of more special use for those purposes, as well for coughs, hoarseness, shortness of breath and wheezings, being boiled in wine, or honeyed water, and drank. The roots and seeds hereof boiled in wine or water."

The Meadowsweet (*Filipendula Ulmaria*):





In 1597, botanist John Gerard mentioned how the smell of Meadowsweet “delighteth the senses.” In 1682, Meadowsweet was mentioned in a Dutch Herbal. In Holland, the Plant was called Filipendula , while in the rest of Europe, it was known as Spiraea. Queen Elizabeth I adorned her Apartments with Meadowsweet. The Flowers were used to Flavor Alcoholic Beverages in England and Scandinavian countries. In the Middle Ages, Meadowsweet was known as Meadwort because it was used to Flavor Mead, an Alcoholic Drink made by Fermenting Honey and Fruit Juices.

The whole Herb possesses a Pleasant Taste and Flavour, the Green Parts having a similar Aromatic Character to the Flowers, leading to the use of the Plant as a Strewing Herb, strewn on Floors to give the Rooms a Pleasant Aroma, and its use to Flavour Wine, Beer and many Vinegars. The Flowers can be added to Stewed Fruit and Jams, giving them a subtle Almond Flavor. The best way to release the Medicinal Properties of Meadowsweet is by Infusing in almost Boiled Water.

Meadowsweet is used largely as a Diuretic, although it has a number of other Medicinal purposes. Distilled Water from the Flowers of the Meadowsweet is said to calm Itching and Inflammation of the eyes. Additionally, Meadowsweet contains agents that actively work to promote Urinary Health, as well as working to clear the tracts. The Diaphoretic or Sweat Inducting Function of the Herb is helpful in Diminishing High Temperatures and Eruptive Infections or Contagions like Measles and Chicken Pox.

The Salicylate Salts present in Meadowsweet are reported to make Softer the different Deposits in the Body. Thus, it is helpful in mitigating the Kidney Stones and helps the Circulatory System by dissolving Arterial Deposits that cause Atherosclerosis.

Meadowsweet is effective in Curing Indigestion owing to excessive production of Acids in the Stomach, it aids in Treating Heartburn, Gastritis, Peptic Ulcers and Hiatus Hernia. Meadowsweet also helps in relieving Intestinal Wind, Abdominal Distension and Treating Inflammatory Conditions in the Bowels. Tannins present in Meadowsweet function like Astringents in the Bowels. They Safeguard as well as Cure the Mucous Membranes alleviating problems like Enteritis and Diarrhea.

Meadowsweet has Chemicals which Naturally work together to produce Aspirin, making it good for Colds, Influenza or Bladder Complaints. In fact, Meadowsweet can be used for any complaints one would normally treat with Aspirin, given its Natural occurrence within the Plant itself. However, unlike Aspirin, Meadowsweet is Safe and does not have any Adverse Side Affects.

On top of that, Meadowsweet is said to contain properties which help ease Insomnia, and promote Lengthy Sleep and Relaxation, depending on the Strength. Many also consider Meadowsweet to promote Long Life and prolonged Health, although this is debated as uncertain, amongst enthusiasts and professionals. Meadowsweet is a Soothing Healing Herb with Astringent, Aromatic and Antacid Properties, helping to Relieve Rheumatic Muscle and Joint Pain.

Of Meadowsweet, Nicholas Culpeper wrote:

"It is used to stay all manner of Bleedings, Fluxes, Vomitings, and Womens courses, and also their Whites, It is said to alter and take away the fits of Quartan Agues, and to make a merry heart, for which purpose some use the Flowers, and some the Leavs. It helpeth speedily those that are troubled with the Chollick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: but boyled in red Wine and drunk it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankrous or eaten, or hollow and Fistulous, for which it is by many much commended, as also for the Sores in the Mouth or secret parts. The Leavs when they are full grown being laid upon the Skin, will in a short time raise Blisters thereon, as Tragus saith. The water thereof helpeth the heat and Inflammation in the Eyes."

Mesquite (Prosopia Pallida):



The Mesquite Trees form a Major Source of Nitrogen Supplies to the Soil, especially in Dry Areas. In addition, their Fruits contain a variety of Nutriment, including Vitamin C, Vitamin E, Minerals (Potassium) and elevated levels of Sugar (Sucrose), which are said to be responsible for its Therapeutic as well as Nutritional attributes.

The Seed Pods borne by Mesquite Trees are Dried up and Pulverized to make Flour, also known as Mesquite Meal. As the Mesquite Trees are very common in Southwest America, the Tree as well as its

Pods formed an important Staple Food for the Native Americans, who pulverized the Pods to make Sweet Tasting Flour, which was used to prepare Soups, Porridge, Puddings, Dried Cakes and even Drinks.

When used as Firewood, Mesquite Logs Smoulder bit by bit and are Extremely Hot. When you use the Mesquite Wood for Barbecue, the Smoke of the Burning Wood helps to add a Distinctive Essence to the Foods. This practice is quite widespread in the Texas-Style as well as Southwest Barbecue.

The Milk Thistle (*Silybum Marianum*):



The Milk Thistle has a Long History of use in the West as a Remedy for Depression and Liver Problems. Recent research has confirmed that it has a Remarkable Ability to protect the Liver from Damage resulting from Alcoholic and other types of Poisoning. The Milk Thistle is Harvested when in Flower and Dried for later use.

The Whole Herbal Plant is an Astringent, Bitter, Cholagogue, and a Diaphoretic, Diuretic, Emetic, Emmenagogue, as well as a Hepatic, Stimulant, Stomachic and Tonic. It is used Internally in the Treatment of Liver and Gall Bladder Diseases, Jaundice, Cirrhosis, Hepatitis and Poisonings.

Silymarin, an Extract from the Seed, acts on the Membranes of the Liver Cells preventing the entry of Virus Toxins and other Toxic Compounds and thus Preventing Damage to the Cells. It also Dramatically Improves Liver Regeneration in Hepatitis, Cirrhosis, Mushroom Poisonings and other Liver Diseases. Seed Extracts are Produced Commercially in Europe.

Regeneration of the Liver is particularly important in the Treatment of Cancer since this Disease is always characterized by a Severely Compromised and often Partially Destroyed Liver.

A Homeopathic Remedy is obtained from equal parts of the Root and the Seed with its Hulls still attached. It is used in the Treatment of Liver and Abdominal Disorders.

Of the Milk Thistle, Nicholas Culpeper wrote that they are good for Aches, and Preventing and Curing the Infection of the Plague, and also for removal of obstructions of the Liver and Spleen. It is recommended that an Infusion of the Fresh Root and Seeds are not only as good against Jaundice, also for Breaking and Expelling Stones and being good for Dropsy when taken Internally, but in addition, to be Applied Externally, with Cloths, to the Liver. With other Writers, he recommends the Young, Tender Plant (after removing the Prickles) to be Boiled and Eaten in the Spring as a Blood Cleanser.

The Mistletoe (*Viscum Album*):



The well-known Mistletoe is an Evergreen Parasitic Plant, growing on the Branches of Trees, where it



forms Pendent Bushes, 2 to 5 feet in diameter. It will Grow and has been found on almost any Deciduous Tree, preferring those with Soft Bark, and being, perhaps, commonest on Old Apple Trees, though it is frequently found on the Ash, Hawthorn, Lime and other Trees. On the Oak, it grows very seldom. It has been found on the Cedar of Lebanon and on the Larch, but very rarely on the Pear tree.

Mistletoe was held in great reverence by the Druids. They went forth clad in White Robes to search for the Sacred Plant, and when it was discovered, one of the Druids ascended the Tree and gathered it with great ceremony, separating it from the Oak with a Golden Knife. Regarded as a "Cure-all" by Celtic Religion, its Mythological Medicinal Properties seem only but Fictitious, although I do recall reading somewhere that it has the Mystical Property for attracting New Customers when used as a Floor Wash. Yet Modern Oncology Research and Chemical Analyses have revealed Mistletoe's Extremely Formidable Efficacy in Cancer Treatment

The Tincture of Mistletoe has been recommended as a Heart Tonic in Typhoid Fever as it lessens Reflex Irritability and Strengthens the Heart's Beat, whilst raising the frequency of a Slow Pulse.

Mistletoe is a Nervine, an Antispasmodic, Tonic and Narcotic. The Physiological Effect of the Plant is to Lessen and Temporarily Benumb such Nervous Action as is reflected to Distant Organs of the Body from some Central Organ. It is in this way the Spasms of Epilepsy and of other Convulsive Distempers are allayed. Large doses of the Plant, or of its Berries, would, on the contrary, Aggravate these Convulsive Disorders.

Constituents of Mistletoe with Tumor-Reducing Components include: Lectins, Viscotoxins, Alkaloids, Polysaccharides, and Polyphenolic substances. Other components include: Carbohydrates, Phenolic Compounds, Sterols, Triterpenes, and Amines. It has Alkaloids which possibly act as a Plant Defense Mechanism against Animal and Parasitic Infection. It has also been employed in checking Internal Haemorrhages.

Of Mistletoe, Nicholas Culpeper wrote:

"Both the leaves and berries of Mistletoe do heat and dry, and are of subtle parts; the birdlime doth molify hard knots, tumours, and imposthumes; ripens and discusses them, and draws forth thick as well as thin humours from the remote parts of the body, digesting and separating them. And being mixed with equal parts of rosin and wax, doth molify the hardness of the spleen, and helps old ulcers and sores. Being mixed with Sandaric and Orpiment, it helps to draw off foul nails; and if quick-lime and wine lees be added thereunto, it works the stronger."

It does have one Caution and that is Do Not Confuse European Mistletoe's Medical Attributes with American Phoradendron Species - these have very different Properties and can be Very Toxic. I seem to recall a few People that I know saying that Mistletoe is Toxic. I guess they were thinking of the North American Variety.

Monnier's Snow Parsley (Cnidium Monnieri):





The very small Annual Monnier's Snow Parsley is a Warm, Bitter and Acrid Herb which is native to China, where it may be found Growing on Field Edges and Ditches in most of the country. It also grows in Korea, Mongolia and Russia and has been introduced to the United States (Oregon) and Europe. A typical Monnier's Snow Parsley is Round, Dark Yellow in Color and has a Pleasant Aroma. The Seeds and Fruits of Monnier's Snow Parsley are an important factor in Herbal Medicine and are available in bulk in many Chinese Pharmacies. The Leaves of Monnier's Snow Parsley have been used as a Condiment in China. Monnier's Snow Parsley is considered a Warming Tonic in China that exerts a Gentle Strengthening Effect on the Entire Body by Restoring Enfeebled function and promoting Vigor and a sense of Well-being. Monnier's Snow Parsley has been used in Traditional Chinese Medicine (where it is known as "She Chuang Zi") as a remedy for many Skin Ailments, as well as a treatment for Sexual Dysfunction.

In the treatment of Skin Ailments, Cnidium Monnier has been used to treat Itchy, "Wet" Skin Conditions, Eczema, Scabies and Acne. It is considered an Antiseptic, Antifungal, antiviral and Astringent, which may account for its Efficacy in treating these Ailments. When used Topically, it is said to be excellent for Vulval and Vaginal Itching and Infections (including Trichomonas Vaginitis, Eczema of External Genitalia and Leukorrhoea), Abscesses and Ringworm. For External Skin Applications, it is commonly found in Lotions, Creams and Ointments

It is primarily used for the purpose of overcoming Sexual Malaise and Strengthening Sexual Ootency, increased Sexual Drive. The Seeds are said to be a Natural Libido Booster and is used in the treatment of Male Sexual Dysfunction and Impotence, it apparently, helps to relax the Corpus Cavernosa, which is the chambers in the Penis that fill with Blood during an Erection, allowing Blood to flow freely and helping to produce an Good Erection. It is also said to act as a Libido Booster for Women as well. The Nitric Oxide that helps to relax the Muscles around the Genital area in men also allows Blood to flow to columns of Erectile Tissue forming the body of the Clitoris in Women, allowing the Clitoris to Swell. It is also thought to help in cases of Frigidity and Female Sterility.

Monnier's Snow Parsley shows promise in the treatment of Leukemia Cell Lines. In laboratory tests, an

extract of *C. Monnieri* Exhibited Strong Effects on Human Leukemia (HL-60), Cervical Carcinoma and Colorectal Carcinoma.

It has been found to be useful in the treatment of Osteoporosis. Monnier's Snow Parsley has been found to have Three Coumarins Osthol, Bergapten and Imperatorin and it has been found that Osthol, a Major Pharmacologically Active Constituent, significantly promoted Osteoblastic Cells Activity. These are the Cells found in Bone whose function it is to form the Tissue and Minerals that gives Bones its Strength.

Other beneficial uses credited to Monnier's Snow Parsley include relieving the symptoms of Asthma, relieving Common Colds, reducing Lumbago due to attack of Dampness and improving Kidney Function.

The Motherwort (*Leonurus Cardiaca*):



Although Motherwort is Indigenous to Europe, but this Herb has been brought over to North America and has become Acclimatized there. Motherwort is found in the Terrain ranging from Nova Scotia to Montreal and Southern Parts of North America to Texas and North Carolina. This Herb thrives best in Vacant Plots and other Wastelands. The Whole Herb is Harvested in August when in Flower and can be Dried for later use.

It makes a Good Nervine. It is also seen as a Remedy for Heart Palpitations and Strengthens the Heart. The Plant has been found effective in the Treatment of Functional Heart Complaints due to Autonomic Imbalance, and also as an Anti-Thyroid Treatment, though it needs to be taken for Several Months for these effects to be noticed. The Antispasmodic and Sedative Effects of Motherwort helps to Promote Relaxation rather than Drowsiness.

The Leaves are an Antispasmodic, Astringent, Cardiac, Diaphoretic. It is a Stomachic, and Tonic. Motherwort is Especially Valuable in the Treatment of Female Weaknesses, Disorders and a Uterine Stimulant. And it is useful for problems associated with Menstruation, Childbirth and Menopause.

Although an Infusion can be used, the Taste is so Bitter that this Herb is usually made into a Sugar Syrup. It is also good for Treating Flatulence.

An Alcoholic Extract is said to Possess Superior Action to Valerian Root. As a Tonic, it acts without producing Febrile Excitement, and in Fevers. In addition, the Herb also acts like a Tonic to Reinforce the Heart. Herbal Medicine Practitioners also use Motherwort to Treat High Blood Pressure.

Of the Motherwort, Nicholas Culpeper wrote:

" There is no better herb to take melancholy vapours from the heart, to strengthen it, and make a merry, cheerful, blithe soul than this herb. It may be kept in a syrup or conserve; therefore the Latins called it Cardiac. Besides, it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it Motherwort. It is held to be of much use for the trembling of the heart, and faintings and swoonings. It also provokes urine and women's courses, cleanses the chest of cold phlegm, oppressing it, kills worms in the belly. It is of good use to warm and dry up the cold humours, to digest and disperse them that are settled in the veins, joints, and sinews of the body, and to help cramps and convulsions."

This Herb does have a few Contraindications as Skin Contact with this Herbal Plant can cause Dermatitis in Susceptible People. The Fragrant Essential Oil of Motherwort can cause Photosensitization. It should not be prescribed in the Earlier Stages of Pregnancy or where Periods are Heavy.

The Mouse Ear (*Pilosella Officinarum*):



None of the Hawkweeds Genus of Herbs are now much used in Herbal Medicine although in many parts of Europe they were Once Used for Diseases of the Lungs, Asthma and Incipient Consumption, but the Small Mouse Ear is still collected and used by Herbalists for its Medicinal Properties. It Grows on Sunny Banks and Walls, and in Dry Pastures, and is well distinguished from all other British Plants of the Order, by its Creeping Scions or Runners, which are thrown out in the same manner as Strawberry Vines. Mouse Ear Herb is a Perennial Growing 3-15 inches high. Mouse Ear grows Carpet like on Creeping Runners, each of which forms a Basal Rosette of Oval Leaves. The Leaves are Green with White Hairs above and Gray Green or White with Softer Hairs below. Mouse Ear has Bright Yellow to Orange Yellow Flower Heads resembling Dandelions, are Borne Singly on Leafless Stalks. The Mouse Ear Herb is Harvested in May and June whilst in Flower and can be Used Fresh or Dried for later use.

Mouse Ear Relaxes the Muscles of the Bronchial Tubes, Stimulates the Cough Reflex and Reduces the Production of Mucus and Catarrh. This combination of actions makes the Herb Effective against all manner of Respiratory Problems including Asthma, Wheeziness, Whooping Cough, Bronchitis, and other Congested and Chronic Coughs.

The Mouse Ear Herb is Mildly Astringent, Cholagogue, Diaphoretic, Strongly Diuretic, Expectorant and a Tonic. The Fresh Herbal Plant is an Antibiotic. The Mouse Ear Herb is also taken in the Treatment of Enteritis, Influenza, Pyelitis and Cystitis. A Herbal Tea Brewed from its Small Hairy Oblong Leaves which look like a Mouse's Ears is reputedly good for Curing Liver Ailments, Intestinal Inflammations, and Diarrhea.

The Powdered Leaves prove an Excellent Astringent in Haemorrhage, both External and Internal, a Strong Decoction being Good for Haemorrhoids. The Leaves Boiled in Milk are a Good External Application as an Enema for the same purpose.

It is occasionally used Externally in the Treatment of Small Wounds and Cuts.

The Mouse Ear Herb is used to Control Heavy Menstrual Bleeding and to ease the Coughing up of Blood.

Of the Mouse Ear, Nicholas Culpeper wrote:

"The juice taken in wine, or the decoction drunk, cures the jaundice, though of long continuance, to drink thereof morning and evening, and abstain from other drink two or three hours after. It is a special remedy for the stone and the tormenting pains thereof; and griping pains in the bowels. The decoction with Succory and Centaury is very effectual in dropsy and the diseases of the spleen. It stayeth fluxes of blood at the mouth or nose, and inward bleeding also, for it is a singular wound herb for wounds both inward and outward.... There is a syrup made of the juice and sugar by the apothecaries of Italy, which is highly esteemed and given to those that have a cough, and in phthisis, and for ruptures and burstings. The green herb bruised and bound to any cut or wound doth quickly close the lips thereof, and the decoction or powder of the dried herb wonderfully stays spreading and fretting cankers in the mouth and other parts. The distilled water of the plant is applicable for the diseases aforesaid and apply tents of cloths wet therein."

The Mugwort (*Artemisia Vulgaris*):





The Mugwort is a Shrubby Perennial with Dark Green Deeply Indented Leaves and with Several Clusters of Small Reddish or Yellow Flower Heads. The Mugwort Herb can grow up to 1 m in height. This Herbal Plant has been known since Ancient Times, and Roman Soldiers used Mugwort inside their Sandals, so that their Feet could remain Fresh while Marching. This Herbal Shrub was also used by Ancient Europeans and Asians in Treating Various Ailments. The Mugwort has a Long History of use in Herbal Medicine especially in matters connected to the Digestive System, Menstrual Complaints and the Treatment of Worms. The Leaves are Harvested in August and can be Dried for later use. The Roots are Harvested in the Autumn and are also dried for later use.

All parts of the Herbal Plant are an Anthelmintic, Antiseptic, Antispasmodic, and a Carminative. It is also a Cholagogue, Diaphoretic, Digestive, Emmenagogue, Expectorant. Along with that, it is a Nervine, Purgative, Stimulant, a Slight Tonic and used in the Treatment of Women's Complaints as well.

The Mugwort Leaves are said to be an Appetizer, Diuretic, Diaphoretic, Haemostatic and Stomachic. They can be used Internally or Externally. An Infusion of the Leaves and Flowering Tops is used in the Treatment of Nervous and Spasmodic Affections, Sterility, and Functional Bleeding of the Uterus. The Leaves are also a Dysmenorrhoea, Asthma and Diseases of the Brain. The Leaves have an Antibacterial Action, inhibiting the Growth of various Intestinal Bacterial Afflictions and helps to Eliminate of Worms From the Body. The Juice as well as Infusion of the Herb were given for Intermittent and Sever Fevers.

The leaves are Indeed Good for being Placed inside Shoes or Boots being Soothing for Sore Feet. As a Nervine, Mugwort is Valued in Palsy, Fits, Epileptic and similar Afflictions, being an Old-Fashioned Popular Remedy for Epilepsy. The Leaves are also used in Herbal Baths in order to get full Invigorating Property to the Water.

The Wise Chinese have been using Mugwort for Centuries now, and one of its best known uses is in the Ancient Art of Acupuncture, where the Heat from a Burning Roll of Chopped Mugwort Leaves in the shape of a Cigar is applied on certain selected points on the Patient's Body. This Therapy is used as one of the Main Ingredients "Moxibustion".

The Stem is also said to be an Antirheumatic, Antispasmodic, and are said to be one of the Best Stomachics.

The Roots are a Tonic and Antispasmodic.

Of the Mugwort, Nicholas Culpeper wrote:

"Mugwort is with good success put among other herbs that are boiled for women to apply the hot decoction to draw down their courses, to help the delivery of the birth, and expel the after-birth. As also for the obstructions and inflammations of the mother. It breaks the stone, and opens the urinary passages where they are stopped. The juice thereof made up with Myrrh, and put under as a pessary, works the same effects, and so does the root also. Being made up with hog's grease into an ointment, it takes away wens and hard knots and kernels that grow about the neck and throat, and eases the pains about the neck more effectually, if some field daisies be put with it. The herb itself being fresh, or the juice thereof taken, is a special remedy upon the overmuch taking of opium. Three drams of the powder of the dried leaves taken in wine, is a speedy and the best certain help for the sciatica. A decoction thereof made with Camomile and Agrimony, and the place bathed therewith while it is warm, takes away the pains of the sinews, and the cramp."

The Mugwort does have some Contraindications as it is Slightly Toxic. It should never be used by Pregnant Women, especially in their First Trimester, since it can cause a Miscarriage. Large. And Prolonged Dosage can Damage the Nervous System.

The Mullein (*Verbascum Thapsus*):



The Mullein Herb is Woolly in Appearance and belongs to the Scrophulariaceae Family of Plants. During the First Year of its Existence. The Large and Hairy Leaves of the Mullein form a Rosette or a Rose-Shaped Decoration just above the Ground. In the Spring of the Second Year, this Herb gives Rise to a Tall Stem from the Leaves and it grows to a Height of Approximately Four Feet. The Apex of the Stem is covered by a Barb of Yellow Colored Flowers. The Leaves as well as the Flowers of this Herb have been used for Medical Purposes since Ages.

The Mullein Flowers and Leaves are an Anodyne, Antiseptic, Astringent, and a Demulcent. It is also an Emollient, Expectorant and a Vulnerary. An Infusion Mullein is used Internally in the Treatment of various Respiratory Problems such as Coughs, Bronchitis, Asthma and Throat Irritations. It also helps Bleeding of the Lungs and Bowels. An Infusion of the Flowers has also been Employed on the Continent against Ringworm, and a Distilled Water of the Flowers was helps Treat Burns and Erysipelas.

An Infusion of the Fresh or Dried Flowers in Olive Oil is used to Treat Earaches, Sores, Wounds, and Boils. The Plant is Harvested when in Flower and should be Dried Quickly and with care or it will lose its Medicinal Qualities. The Infusion of Mullein is good for Treating Diarrhea. But when there is any Bleeding of the Bowels is present, a Decoction of Mullein prepared with Milk is recommended.

The Dried Leaves are sometimes Smoked in order to Relieve the Irritation of the Respiratory Mucus Membranes, and will Completely Control, it is said, the Hacking Cough of Consumption. They can be Employed with Equal Benefit when made into

Cigarettes for Asthma and Spasmodic Coughs in General. The Whole Plant seems to possess Slightly Sedative and Narcotic Properties.

Mullein Essential Oils is a Valuable Destroyer of Disease Germs. Mullein Essential Oils for Piles and other Mucus Membrane Inflammation, and also for Frost Bites and Bruises. It is also Recommended for Earache and Discharge from the Ear, and for any Eczema of the External Ear and its Canal.

Fomentations and Poultices of the Leaves have been found serviceable in Haemorrhoidal Complaints.

Of the Mullein, Nicholas Culpeper wrote:

"The decoction hereof drank, is profitable for those that are bursten, and for cramps and convulsions, and for those that are troubled with an old cough. The decoction thereof gargled, eases the pains of the tooth-ache. And the oil made by the often infusion of the flowers, is of very good effect for the piles. The decoction of the root in red wine or in water, (if there be an ague) wherein red hot steel hath been often quenched, doth stay the bloody-flux. The same also opens obstructions of the bladder and reins. A decoction of the leaves hereof, and of Sage, Marjoram, and Camomile flowers, and the places bathed therewith, that have sinews stiff with cold or cramps, doth bring them much ease and comfort. Three ounces of the distilled water of the flowers drank morning and evening for some days together, is said to be the most excellent remedy for the gout. The juice of the leaves and flowers being laid upon rough warts, as also the powder of the dried roots rubbed on, doth easily take them away, but doth no good to smooth warts. The powder of the dried flowers is an especial remedy for those that are troubled with the belly-ache, or the pains of the cholic. The decoction of the root, and so likewise of the leaves, is of great effect to dissolve the tumours, swellings, or inflammations of the throat. The seed and leaves boiled in wine, and applied, draw forth speedily thorns or splinters gotten into the flesh, ease the pains, and heal them also. The leaves bruised and wrapped in double papers, and covered with hot ashes and embers to bake a while, and then taken forth and laid warm on any blotch or boil happening in the groin or share, doth dissolve and heal them. The seed bruised and boiled in wine, and laid on any member that has been out of joint, and newly set again, takes away all swelling and pain thereof."

The Mustard (*Sinapis Alba*):



Historically, Mustard has always held an important place in Medicine. For over 4000 years ago, Mustard Seeds were being utilized in Greece and Egypt. The Ancient Greeks believed it had been created by Asclepias, the God of Healing, as a Gift to Humanity.

It seems to say that Mustard Paste has a Hearting Virtue that helps Wounds and helps to draw out Splinters from the Flesh. It also has a Good Effect on bringing down Womens Courses and is good for relieving Lethargy if applied inwardly and outwardly to the Nostrils, Forehead and Temples. It also causes Sneezing, which helps to bring out Viscous Humors from the Lungs and Chest.

When a Decoction of the Seed is mixed with Wine and Drunk, it has a Diuretic Affect. If taken right away, it is a Good Remedy for having Eaten Poisonous Mushroom and for Venom from Insect or Snake



Bites.

Gargling with Mustard also helps to Relieve Swellings of the Throat. Also Chewing Mustard Leaves is good for helping a Toothache

When applied Externally as a Plaster, it helps to Relieve Aches of the Joints such as Arthritis or Rheumatism as well as Helping Gout. Also, when applied as a Plaster to the Loins, Shoulders or other parts of the Body, helps to draw out Diseases and Cures them. It has been since found that Mustard Plasters act as a sort of Disinfectant, especially when mixed with Honey. Mustard is a Rubefacient (an irritant) that Draws the Blood to the Surface of the Skin to Warm and Comfort Stiff Muscles.

The last thing Culpepper goes into is how it makes a Sauce that is good for getting the Gastric Juices flowing to help with Digestion, especially when eating Meats Products such as Beef.

Mustard is also an Emetic (Vomiting Agent). Just add 1 tsp of Dry Mustard to a Glass of Warm Water and Drink. It's Unpleasantness gets the effect that is Required.

It also makes a Great Stimulant Footbath. Just add a handful of Crushed Mustard Seeds to a Small Tub of Warm Water and Soak Your Feet for about 10 minutes. They will feel Noticeably Better.

The Plant's Source of the Active Chemicals is Sinigrin (or Allylglucosinolate, which is also known as Potassium Myrosinate). Crushing the Brown Mustard Seed releases the Enzyme Myrosinase, which converts the Sinigrin to Allylisothiocyanate and related Compounds that have Irritating, Lachrymatory Properties.

Of Mustard, Nicholas Culpeper wrote:

"Mustard Seed hath the Vertue of Heating, discussing, rarefying and drawing out Splinters of Bones, and other things out of the Flesh. It is of good effect to bring down Womens Courses, for the Falling sickness or Lethargy, drowsie forgetful evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead, and Temples, to warm and quicken the Spirits, for by the fierce sharpness it purgeth the Brain by sneezing, and drawing down Rhewm and other Viscuous Humors, which by their Distillations upon the Lungs and Chest procure coughing, and therefore with some Honey added thereto doth much good therein. The Decoction of the Seed made in Wine and drunk, provoketh Urine, resisteth the force of Poyson, the Malignity of Mushrooms, and the Venom of Scorpions, or other Venemous Creatures, if it be taken in time: and taken before the cold fits of Agues, altereth, lesseneth, and cureth them.

The Seed taken either by it self or with other things either in an Electuary or Drink, doth mightily stir up Bodily lust, and helpeth the Spleen and pains in the sides, and gnawing in the Bowels. And used as a Gargle, draweth up the Pallat of the Mouth being fallen down, and also it dissolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Toothach: The outward application hereof upon the pained place of the Sciatia, discusseth the Humors, and easeth the pains, as also of the Gout, and other Joynt aches. And is much and often used to eas pains in the sides of loyns, the shoulders or other parts of the Body, upon the applying thereof to rais Blisters, and cureth the Diseases by drawing it to the outward part of the Body: It is also used to help the falling of the Hair: The Seed bruised, mixed with Honey and applied, or made up with Wax, taketh away the Marks, and black and blue spots of Bruises or the like, the roughness or Scabbedness of the Skin, as also the Leprosie and lowsie evil: it helpeth also the crick in the Neck. The distilled Water of the Herb when it is in Flower is much used to drink inwardly to help in any the Diseases aforesaid, or to wash the Mouth when the Pallat is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other like Infirmities, and clenseth the Face from Morpew, Spots, Freckles, and other Deformities."

## The Myhhr (Commiphora Myrrha):



Myrrh is Indigenous to Ethiopia and Somalia in Africa as well as the Arabian Peninsula. Myrrh is the Oleo-Gum-Resin or a Combination of Capricious Oil, Gum and Resin. The Bushes yielding the Resin do not grow more than 9 feet in height, but they are of Sturdy Build, with Knotted Branches, and Branchlets that stand out at right-angles, ending in a Sharp Spine. There are ducts in the bark, and the tissue between them breaks down, forming large cavities, which, with the remaining ducts, becomes filled with a granular secretion which is freely discharged when the bark is wounded, or from natural fissures. It flows as a Pale Yellow Liquid, but hardens to a Reddish-Brown Mass. It has been used in Ancient Times as an Ingredient in Incense, Perfumes, in the Holy Oil of the Jews and the Kyphi of the Egyptians for Embalming and Fumigations.

Myrrh is used as an Astringent, a Tonic and a Stimulant that works especially for the Mucous Tissues. It is an Emmenagogue, for Treating in Dyspepsia, and a Expectorant in the absence of Feverish Symptoms. Myrrh is a good Stomachic Carminative, for Exciting Appetite and the Flow of Gastric Juice. It is used to Treat Chronic Catarrh. It has also been used as a Vermifuge as it Kills and Expels Intestinal Worms.

In addition, Myrrh is also known to Enhance the Blood Circulation, Drive Out Cold and any Feebleness Arising out of it. The Herb is also Effectual in pushing out Eruptions as it draws the Blood near the Skin Surface Enabling to Treat Rashes as well as Eruptive Infections. Myrrh is helpful in Lowering the Body Temperature during Fevers.

Myhhr Enhances the Blood Circulation to the Reproductive System, Alleviating Spasm or Muscle Contractions and also controlling the Menstrual Cycle. Many Physicians use Myrrh during Child birth as the Herb Encourages Uterus Contraction

and also Alleviates Pain.

The Tincture prepared by Steeping Myrrh in Alcohol is said to be an Effectual Oral Astringent and is generally used as a Mouthwash or for Curing Painful Throat and other similar problems. As a Mouthwash it is good for Spongy Gums, for Ulcerated Throats. Thus it has been used as an Ingredient of Toothpaste.

Myrrh forms an Important Ingredient of an Ointment that is Applied Externally to Cure Hemorrhoids, and for Bed Sores as well as Healing Wounds.

The Nasturtium (*Nasturtium Officinale*):



I have tasted it and it has a Taste that is Very Similar to Radishes. It makes a Tasty Addition to any Salad. Nasturtium is a Hardy Perennial found in abundance near Springs and Open Running Watercourses. It has a Creeping Habit with Smooth, Shining, Brownish-green, and Ovate, Heart-Shaped Leaflets. The Flowers are Edible too.

It is a Fairly Good Remedy for Colds and Flues as well as it is Very High in various Vitamins and Minerals. I have also found that it has a Very High Vitamin C Content, which makes it a Good Remedy that is Particularly Valuable for Chronic Illnesses. The plant is thought to stimulate the appetite and to relieve indigestion,. It also helps to Stimulate the Appetite and promotes Good Digestion. Nasturtium is Particularly Valuable for its Antiscorbutic Qualities. Its Fresh Juice helps to Cure Chest and Kidney problems when applied both Internally as well as Externally.

One of the most Popular Remedies among Chinese residing in Hong Kong and Canton, is that a Special Nasturtium Soup used to Treat Canker Sores on the Tongue or Lips, Blisters in the Mouth, Swollen Gums, Bad Teeth and Foul Breath. It's also good for Female Hot Flashes when Consumed Cold.

Nasturtium also makes an Excellent Remedy for Headaches brought on by some kind of Sickness or General Nervousness. The Nasturtium Leaves is put into a Clean Quart Fruit Jar and 2 cups of Boiling Apple Cider Vinegar added. After the Solution is Strained and Rebottled for use later on. When a Headache occurs, a Clean Handkerchief or Wash Cloth should be Dipped in the Vinegar, wrung out and laid over the Eyebrows and Forehead.

An Infusion of Nasturtium makes a Good Effective Cure for Eczema and Dermatitis. Nasturtium Herbal Tea is also valuable for Eliminating Accumulated Fluids in Body Tissue, such as in Gout, and for Clearing Mucus Congestion from the Lungs and helps in cases of Chronic Bronchitis.

The Juice of Nasturtium's Fresh Leaves has been used to Treat Acne, Eczema, Ringworm, Rashes, and similar Skin Irritations and Infections.

Of the Nasturtium, Nicholas Culpeper knew them as the Watercress and wrote of them: "It is more powerful against the scurvy, and to cleanse the blood and humours; as to break the stone, and provoke urine and women's courses. It is also good for them when troubled with the green sickness, and it is a certain restorative of their lost colour if they use it in the following manner: chop and boil them in the broth of meat, and eat them for a month together, morning, noon, and night. The decoction thereof cleanseth ulcers by washing therewith; the leaves bruised, or the juice, is good to be applied to the face or other parts troubled with freckles, pimples, spots, or the like, at night, and washed away in the morning. The juice mixed with vinegar, and the forepart of the head bathed therewith, is very good for those that are dull and drowsy, or have the lethargy."

The Nutmeg (*Myristica Fragrans*):



The Nutmeg Tree is a Genus of Evergreen Trees indigenous to tropical Southeast Asia and Australasia. The Nutmeg Spice is made from the actual Seed of the Tree, roughly Egg-Shaped. 1883 that the Moslems of Western India used Nutmeg as an Aphrodisiac.

Used in Small Dosages Nutmeg can Reduce Flatulence, Aid Digestion, improve the Appetite and Treat Diarrhea. The Powder of Nutmeg, about 5 to 15 Grams, mixed with Apple Juice or Banana, is used as a Specific Remedy for Diarrhea caused by Indigestion of Food. Grated Nutmeg mixed with Lard makes an Excellent Ointment for Piles. It also helps Vomiting and Nausea.

It has Beneficial Results in treating Dehydration caused by Vomiting and Diarrhea, particularly in Cholera. An Infusion prepared from Half a Nutmeg in half a liter of Water given with tender Coconut



Milk in doses of 15 grams at a time, is an Effective Treatment.

The Powder of Nutmeg, mixed with fresh Amla Juice is a valuable remedy for Insomnia, Irritability and Depression. Nutmeg is an agreeable addition to Drinks for Convalescents.

Nutmeg does have Contraindications as Large amounts of Nutmeg can provide Hallucinatory Experiences, and it has been reported that this Agent enjoyed a reputation as a Recreational Stimulant in some U.S. Prisons. But Excessive Dosages of Nutmeg have been recorded to cause a Narcotic Effect with symptoms of Delirium and Epileptic Convulsions appear after 1-6 hours and can even cause Death. By far the Greatest Numbers of People Poisoned by Nutmeg have been Women - mostly English and American Women of the late 19th and early 20th Centuries - who took the Spice to bring on Menstruation or induce Abortion. A great many of these cases appeared in the Scientific Literature of the Period, particularly in British Medical Journals.

The Oak (*Quercus Robur*):



The Common, or British Oak, for many Centuries the Chief Forest Tree of England, is intimately bound up with the History of these Islands from Druidistic Neolithic Times. The Goths of Neolithic Germany regarded the Oak Tree as a mark of Might and Victory. Hence, the Term 'as Strong as an Oak' came into Existence and is profoundly establish in People's Memory even to this day. A Spray of Oak was for long engraved on one side of the British Sixpences and Shillings, but is now Superseded by the British lion. The Oak, although widely distributed over Europe, is regarded as peculiarly English. The Bark is Harvested from Branches 5 - 12 years old, and is Dried for later use. The Oak's Flower Blossoms are taken during the Period between April and May and its Seeds Mature in October.

The Oak Tree has a Long History of Medicinal Use. It is an Anti-inflammatory, Antiseptic, Astringent, Decongestant, and Tonic. The Bark is the part of this Tree that is Most Commonly Used, though other parts such as the Galls, Seeds and Seed Cups are also sometimes used. Its Odour is slightly Aromatic.

A Decoction of Oak Bark is useful in the Treatment of Chronic Diarrhoea, Dysentery, Intermittent Fevers, and Haemorrhages. Externally, its Decoction is used to Bathe Wounds, Skin Eruptions, Sweaty Feet, and Piles. It is also used as a Vaginal Douche for Genital Inflammations and Discharge, and also as a Wash for Throat and Mouth Infections. The Decoctions of Leaves and Bark of the Oak, when taken Internally, is used to Treat Haemorrhages, Diarrhea, Tuberculosis and even Rickets. To Heal Bleeding Piles, Fevers, Asthma, Consumption, Coughs, Colds and Laryngitis, Boil the Oak Bark in Water and Drink the Decoction at Regular Intervals for a Number of Days.

The Powder of the Leaves and Bark were Applied Externally to Stop Bleeding Nose.

Any Galls produced on the Oak Tree are Strongly Astringent and can be used in the Treatment of Haemorrhages, Chronic Diarrhoea, and Dysentery.

The Oak Tree is used in Bach Flower Remedies and Prescribed it are "Despondency", "Despair, but never ceasing effort".

A Homeopathic Remedy is made from the Bark. It is used in the Treatment of Disorders of the Spleen and Gall Bladder.

Of the Oak, Nicholas Culpeper wrote:

"The leaves and bark of the Oak, and the acorn cups, do bind and dry very much. The inner bark of the tree, and the thin skin that covers the acorn, are most used to stay the spitting of blood, and the bloody-flux. The decoction of that bark, and the powder of the cups, do stay vomitings, spitting of blood, bleeding at the mouth, or other fluxes of blood, in men or women; lasks also, and the nocturnal involuntary flux of men. The acorn in powder taken in wine, provokes urine, and resists the poison of venomous creatures. The decoction of acorns and the bark made in milk and taken, resists the force of poisonous herbs and medicines, as also the virulency of cantharides, when one by eating them hath his bladder exulcerated, and voids bloody urine. The distilled water of the Oaken bud, before they break out into leaves is good to be used either inwardly or outwardly, to assuage inflammations, and to stop all manner of fluxes in man or woman. The same is singularly good in pestilential and hot burning fevers; for it resists the force of the infection, and allays the heat. It cools the heat of the liver, breaking the stone in the kidneys, and stays women's courses. The decoction of the leaves works the same effects. The water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading scabs."

The Oat (*Avena Sativa*):



Whilst used mainly as a Food, Oat Grain does also have Medicinal Properties to it. In particular Oats are a Nutritious Food that gently Restores Vigor after a Debilitating Illness, helps Lower Cholesterol Levels in the Blood and also Increases Stamina.

The Oat Grain Seed is a Antispasmodic, Cardiac, Diuretic, and Emollient. It helps and Stimulates the Nervous System. The Oat Seed contains the Antitumour compound B-Sitosterol and has been used as a Folk Remedy for Tumours. Porridge made from the Ground Seed is used as a Treatment when there are Cases involving Inflammation, and Fevers. Oats are high in Calcium and eating it helps maintain Strong Bones and Teeth.

When Consumed Regularly, Oat Germ Reduces Blood Cholesterol Levels. Oat Straw and the Grain are prescribed to Treat General Debility and a Wide Range of Nervous Conditions. They are of particular value in helping a person to cope with the Exhaustion that results from Multiple Sclerosis, Chronic Neurological Pain and Insomnia.

A Hundred Grams of Oat Flakes contain about 375 calories. The Flakes give the sensation of fullness, and are recommended in Diets based on Weight Loss. Oats helps Coagulate Blood and adjusts the level of Glucose for those suffering from Diabetes. The Sugar from Oats is Slowly Absorbed by Blood, thus maintaining a stable level of Glicemy. Eating of Oats can help Lower High Blood Pressure. Oats are also useful in cases of Varicose Veins and problems like Hemorrhoids. Oats are also good for Treating Cases of Gastro-Intestinal Ulcers, Chronic Gastritis, Chronic Hepatitis and Pancreatitis.

Consuming Oats at Breakfast is recommended for those who suffer from Afflictions such as Gout. It is a Good Natural Laxative. Oat Flakes Stimulate Digestion. Also, Oats has an important role in Preventing Cancer.

A Tincture of the Ground Oat Seed is useful as a Nervine and Uterine Tonic.

A Decoction Strained into a bath will help to Soothe Itchiness and Eczema.

A Poultice made from the Ground Oat Seeds is used in the Treatment of Eczema and Dry Skin.

The Straw of Oats has a wide range of uses such as for Bio-mass, Fibre, Mulch, Paper-Making, Building Board and Thatching. It has also been used as a Stuffing Material for Mattresses and these are said to be of great benefit for sufferers from Rheumatism.

Oat Hulls are basic in production of Furfural, a Chemical Intermediate in the production of many Industrial Products such as Nylon, Lubricating Oils, Butadiene, Phenolic Resin Glues, Rubber Tread Compositions, and as Filters in Breweries.

A Handful of the Grains, thrown into the Bath Water, will help to keep the Skin Soft because of their Emollient Action. An Extract of Oat Straw heals to prevent the Striped Cucumber Beetle from being able to Feed.

Of Oats, Nicholas Culpeper wrote:

"Oats fried with bay salt, and applied to the sides, take away the pains of stitches and wind in the sides or the belly. A poultice made of meal of Oats, and some oil of Bays put thereunto, helps the itch and the leprosy, as also the fistulas of the fundament, and dissolves hard imposthumes. The meal of Oats boiled with vinegar, and applied, takes away freckles and spots in the face, and other parts of the body."

Oats does have a few Contraindications as it should be avoided in cases of Dyspepsia accompanied with Acidity of the Stomach. It is sometimes used as an Antiweed Mulch, but some Caution is Advised on Gardens with Strawberries as it can cause the Strawberries to become Infested with Stem and Bulb Eelworm.

The Olive (*Olea Europaea*):



Olives and Olive Oil help to Lower Blood Pressure and they Exhibited Increased Arterial Elasticity and Increased Elasticity of Arterial Walls reduces Vascular Stress and consequentially the risk of two common causes of Death—Heart Attacks and Stroke. Consumption of Olive Oil not only provides Heart Health Benefits such as favourable effects on Cholesterol Regulation and it has anti-inflammatory, antithrombotic, antihypertensive as well as Vasodilatory Effects both in animals and in humans.

In Olive Growing Countries many Children, as soon as Born, are Anointed with Olive Oil. This provides a far Safer Cleanser for Infant's Delicate Skin than Soap and Water and they have been known to thus Gain Weight prior to Food of any kind being administered by the Mouth. It is far preferable also to Dusting with Baby Powder to prevent Chafing after the Bath. I did find a reference cautioning Caregivers against giving Infants and young Children a dose of Olive Oil to treat Digestive Problems, Fussiness, and Stuffy Noses. As far as Children goes, Olive Oil should only be applied Topically.

It also provides the best possible preventative for Constipation. For Gastric Catarrh and like Digestive Troubles, Olive Oil will be found of great service. It is recommended to use one tablespoonful of Olive Oil and one of Honey in a glass of Hot Water twice a day.

There is nothing like it for Coughs, Colds and Sore Throats by a Teaspoonful held in the Mouth as long as possible until it becomes thoroughly Emulsified. To Clear Nasal Congestion during a Cold by putting a few Drops of Olive Oil in the Nose. The American Medical Association Treatment of Typhoid Fever by Slowly Administering every twelve or fifteen hours an Enema of a Pint of Olive Oil.

Topical Applications of Olive Oil is Good for Moisturizing the Skin. Those who desire a Clear Complexion should use it freely. The Warm Complexion of the Italian and Sicilian Women and their Clear Skins are a standing testimony to the Virtues of the Oil. Swimmers have found it excellent for keeping out the Cold, when their Bodies have first been well rubbed with it.

For Burns, Sores, Cuts, Scratches, Sore Feet, Chapped Hands, Rough Broken or Sunburnt Skins an application of Olive Oil has Wonderful Healing Effects. Sufferers from Ear Aches find a few drops into the Ear of Warm Olive Oil works wonders. A few drops Rubbed on a Wasp Sting will immediately stop the Burning Sensation and Prevent Swelling.

It is Quickly Absorbed by the Skin, it is said to have the Power of Sustaining Life for Long Periods, even when No Food is taken by the Stomach. Rubbed into the Scalp the day previous to the Hair being Shampooed will produce Growth and Silkeness. It helps to Strengthen Figure Nails by Soaking them in Warm Olive Oil. Gardeners find a spot or two of Olive Oil rubbed in to the Hands Smooth and White, while Dirt and Grime will be much more readily Removed. I found a reference to a Double Handful of Twigs of Rosemary being Chopped and put in a Pint of Olive Oil for one week, is useful use as a Muscle Liniment.

For Ritual Use, the Olive has always been considered the Purest and Most Desirable of Oils. Many Paganistic Priests encourage making at least two of our Sabbath Lights of Olive Oil.

Also, I found that if you want to Cheat in a Drinking Contest, Drinking some just before Drinking helps to Reduce the Body's Absorption of Alcohol from Alcoholic Beverages.



The Opium Poppy (*Papaver Somniferum*):



Warning: This Herb Is Poisonous Narcotic And Addictive. Do Not Use Without Under The Direct Supervision Of A General Practitioner Or Herbologist!!!

This Herb was known in very remote times and the Ancient Greeks and Romans used it. It was known as the 'Joy Plant' by the Sumerians. It is probable that the Physicians of the Arabian Schools who introduced Opiate Poppy to India, as well as it Europe. It was originally used only as a Medicine, the practice of Eating Opium probably first arose in Persia. It was in the year 1803 that a 20 year old German Pharmacist named Friedrich Wilhelm Adam Serturner was able to successfully isolate one of Opium poppy's main ingredients, Morphine, and this made it the first ever Alkaloid Plant to have its Active Ingredients isolated.

It is from Opium that we get the other Alkaloids such as Codeine and Papaverine from. Codeine is often used as an Ingredient in Cough Syrups, because it helps to suppress the Cough Reflex. Papaverine is a Muscle Relaxant.

It is a Hypnotic and Sedative, and is frequently administered to relieve Pain and Calm Excitement. For its Astringent Properties, it is employed in Diarrhea and Dysentery. Small Doses of Opium and Morphine are Nerve Stimulants. Tincture of Opium known as Laudanum mixed with equal parts of Soap Liniment make an excellent Pain Relief Ointment when used externally.

Morphine is one of the Best Painkillers known to Medicine. It acts mainly on the Sensory Nerve cells of the Cerebrum, and this effectively blocks the Pain coming in from other parts of the Body. However, Morphine has one major drawback and that is has the effect of Decreasing Respiration, at times even to the point of Death.

Opium induces Euphoria and helps to eliminate Anxieties, Fears, Tensions, all of these being the effect sought by Addicts wanting to escape the Realities of Life.

Opium and Morphine do not produce in Animals the general Calmative and Hypnotic Effects which characterize their use in Humans, but when Applied Locally, they effectually allay Pain and Spasms in Animals. Owing to its Greater Stimulant Action in Veterinary Patients, the administration of Opium does not blunt the perception of Pain as effectually as it does in Human. It is due to its being more of a Stimulant in Animals that Horsemen used to give Opium with their Tired Horses in order to increase the Horse's Capability of Endurance.

The Antidote for Opium Poisoning is that since it is Not Very Quickly Absorbed in the Stomach. So when a Poisonous Dose has been Swallowed, the Stomach should be Emptied as soon as possible by the Stomach Pump and washed with a solution of Potassium Permanganate. Administration of Nitrites and of Small Doses of Atropine Hypodermically maintain Cardiac Action. The leaves of *Combretum Sundaicum*, a plant native to the Malay Peninsula and Sumatra, have been used in the form of a decoction of the roasted leaves, as a cure for the opium habit among the Chinese.

### The Orange (*Citrus Aurantium*):



Originally, the Orange probably originated from South East Asia. Then by the Middle Ages the Orange was a favorite in many lands and its Herbal Qualities were highly regarded by Arabian Physicians. Its Essential Oils were first Extracted from the Flowers and were used as a Pleasant Scent during the 16th century.

Oranges as well as its Blossoms contain a wide range of Active Ingredients. They are rich in Flavonoids, and Volatile Oils. They contain something called a Bergapten which helps to sensitize the Skin to Sunlight. Thus, Bergapten is sometimes added to Tanning Lotions, Creams and Preparations since it promotes Pigmentation in the Skin.

Oranges have been found to be sources of Anti-Oxidants and Chemical Exfoliants in Specialized Cosmetics.

Its Essential Oils are Antifungal and Antibacterial. The Essential Oil is used in Aromatherapy in Treating Depression, Tension and Skin Problems. The Essential Oils are used as a Flavouring Agent and are used as a Non-Irritant to the Kidneys. Its Essential Oils are also useful in encouraging Sleepiness in people suffering from Insomnia. Diluted Essential Oil is often applied to the Skin as a Relaxing Massage.

Oranges also contain the Pyrone Citranin, which has an Antifertility Activity and was once used as a component of some Contraceptives in the days before the advent of the Birth Control Pill.

Both the Leaves and Flowers are Antispasmodic, good for the Digestion and makes a good Sedative. Thus, Infusions of Leaves and Flowers make a good Treatment of Stomach and Digestion Problems. It also used to aid in bringing prompt relief from Flatulence. Its Infusions also help to ease Headaches, Calm Heart Palpitations, and Lower Fevers.

The Health of the Cardiovascular System is also promoted effectively by eating an Orange per day. A Daily Glass of Orange Juice have been found to reduce the risk of Stroke by 25%. Orange Juice has also been shown to be capable of elevating the so called "good" HDL Cholesterol and at the same time reducing levels of the LDL "bad" Cholesterol.

Oranges make good Antiemetics, Antitussives, Carminatives, Diaphoretics, Digestives and Expectorant. Immature Fruit actually have a Stronger Herbological Action. They are used in the Treatment of Dyspepsia, Constipation, Abdominal Distension, Stuffy Sensation in the Chest, Weakening of the Uterus, Rectum and Stomach's Position in the Body.

The potential of Oranges playing a very significant role in the prevention of Cancer is another area which has been recently researched. The Folic Acid of Orange Juice also has a role in the prevention of Cancer of the Colon and the Cervix, while it is believed that Breast Cancer may also be linked to Folic Acid Deficiency.

The Orange Peel is good for the Digestion and the Stomach. The Seeds and as well as the Peel are used in the treatment of Anorexia, Chest Pains, Colds, and Coughs. Orange Juice is also helpful in hastening the elimination of Waste Products from the Body and curing Constipation.

It does have some Contraindications as Oranges has been known to cause Dermatitis or Allergic Responses in some people. Also, the Acidic Nature of Orange Juice can exacerbate the symptoms of Arthritis.

The Orange Pekoe Black Tea (*Camellia Sinensis*):



Its seems that Orange Pekoe Tea is an Oriental Black Tea that was imported into Europe in about 1873

and it is probably due to its High Caffeine Content was what caused it to become so popular amongst the British as well as the rest of Europe in less than a decade. This favored Tea choice features a Deep Reddish Brown Hue and Full-Bodied Taste that results from an extensive oxidation process once the leaves of the Tea Plant, "Camellia Sinensis", are Harvested. There is actually No Orange in Orange Pekoe Tea. It refers to the Dutch that originally started importing it, whose Royal House was "The House Of Orange". "Pekoe" was an Anglicized Version of the Chinese Word for Tea. This Black Tea comes in Grades like Fine Wines.

Though all Teas come from the same Plant, each variety is processed differently. The Tea Plant is actually a Tree and grows only in Certain Climates. The World's Major Tea-Growing areas are in the Higher Elevations (up to 6,500 feet) of China, Japan, India, Sri Lanka and East Africa.

After the Evergreen Shoots of this Tea are picked, they are Withered, Rolled, Fermented and Dried. An important ingredient in Black Tea is Caffeine. Unlike the high levels of Caffeine found in Coffee, however, the lower amounts of this Tea Promote Blood flow in the Brain without Over Stimulating the Heart. Black Tea also contains abundant Tannins, Astringent Chemicals found in many Herbs that have Soothing Anti-Inflammatory effects on the Digestive Tract. It also seems to help the Nervous System in instilling a new sense of Well Being in the Drinker.

There has been Research done that found that People who Drinks 1 to 2 cups of Orange Pekoe Black Tea per day reduces risk of Heart Attack by 46%, 4 cups a day reduces risk by 69%. It is suspected that the Tea's Flavonoids, Powerful Antioxidants, help improve the Blood Vessels' ability to Relax. Flavonoids also prevent the so-called Bad Cholesterol, or "LDL," from Oxidizing, which experts believe may promote hardening of the Arteries. The substances may also keep Blood from Clotting too much.

There is reference to a Study done that showed that adding Milk to Tea will block the normal, Healthful Effects that Tea has in protecting against Cardiovascular Disease. It was claimed to do this because casein from the Milk binds to the Molecules in Tea that cause the Arteries to Relax, especially a Catechin Molecule called EGCG.

The Oregano (*Origanum Vulgare*):



Marjoram has a Very Ancient Medical Reputation. The Greeks used it Extensively, both Internally and Externally for fomentations. It was a Remedy for Narcotic Poisons, Convulsions and Dropsy. Among the Greeks, if Marjoram grew on a Grave, it augured the Happiness of the Departed, and among both the

Greeks and Romans, it was the custom to Crown Young Couples with Marjoram.

It is a Diuretic and has been found to be good for helping Indigestion and preventing Diarrhea. Bile flow is Stimulated by Oregano, and the Herb also helps to Alleviate Flatulence and Excess Abdominal Gas. Oregano helps with Dropsy, Scabs, Scurvy, Itch and Yellow Jaundice.

Oregano Essential Oils have been found to be a Very Powerful Antiseptic. It is for that reason that Oregano Juice is dropped into the Ears in order to help with Ear Aches and Ringing in the Ears. Because of the Oregano's Potent Antiseptic Action, many Respiratory Conditions including various Coughs, problems such as Tonsillitis, problems like Bronchitis and Asthma can be Treated using it as a Herbal Remedy.

Externally, Dried Oregano Leaves and Tops may be applied in Bags as a Hot Fomentation to Painful Swellings and Rheumatism, as well as for Colic. An Infusion made from the Fresh Plant will Relieve Nervous Headache.

It helps to Promote the Regularity Womens Periods and Herbalists give this Remedy for women with Menstrual Difficulties.

It helps expel Poisons of Venomous Beasts as well as helping to overcome Poisonings from Consuming Hemlock, Henbane or Opium. I have also found references to it being helpful in Cleansing the Body of Microbes

Of Oregano, Nicholas Culpeper wrote:

"It strengthens the stomach and head much, there being scarce a better remedy growing for such as are troubled with a sour humour in the stomach; it restores the appetite being lost; helps the cough, and consumption of the lungs; it cleanses the body of choler, expels poison, and remedies the infirmities of the spleen; helps the bitings of venomous beasts, and helps such as have poisoned themselves by eating Hemlock, Henbane, or Opium. It provokes urine and the terms in women, helps the dropsy, and the scurvy, scabs, itch, and yellow jaundice. The juice being dropped into the ears, helps deafness, pain and noise in the ears. And thus much for this herb, between which and adders, there is a deadly antipathy."

The Oregon Grape (Berberis Aquifolium):





I do know that my Grandma used to have big patches of Oregon Grape nearby her House and she used to go picking them and making Jam out of them. Oregon Grape is Very Sour Tasting, so Grandma used to add a lot of Sugar to make the Oregon Grape Jam more tasty.



Oregon Grape is an Evergreen Shrub which has Leaves that are of similar shape to Holly. It grows throughout the Pacific Northwest and is a Close Relative to the Barberry Plant and it has many common Medicinal uses and constituents to Barberry Plant.

The Berries were used by Native Americans to help relieve Poor Appetite and the Root was used to make a Herbal Tea that was good for relieving Jaundice, Arthritis, Diarrhea, and Fever. Oregon Grape is rich in vitamin C and has been made into a Beverage that was useful for Scurvy, as well as Upset Stomachs.

Oregon Grape has Antibacterial Agent Alkaloids such as Berberine that are responsible for its ability to treat People with E.coli Poisoning by inhibiting the E.coli's ability to attach itself to Human Cells and helps to flush E.coli out of the Digestive System. Its Antibacterial Affect does not inhibit the activity of other Antibiotics and actually makes Infective Bacteria more susceptible to the affect of other Antibiotics. It can even be used as Eye Drops to help fight Eye Infections.

It has a Intestinal Sedative effect on the Smooth Muscles Lining the Digestive Tract and can relieve Stomach Cramps and Abdominal Pain.

Oregon grape is known as a Good Liver Cleanser. This is due to the fact that it increases Bile Production. This action also Aids Digestion and Purifies the Blood. When combined with Dandelion, Milk Thistle or Celandine, it can be very effective in combating Hepatitis B and Jaundice.

Made into an Ointment and applied Topically, Oregon Grape may be effective for reducing Skin Irritation, Inflammation, and Itching in people with Mild to Moderate Psoriasis. However, for Sever Infections, a Doctor or Herbologist should be consulted before using Oregon Grape Ointment.

The Passion Flower (*Passiflora Incarnata*):



The Name 'Passion Flower' can be Extremely Misleading as this Flower has nothing to do with Passion. The Name was Bestowed on the Flower by Spanish Explorers and Missionaries, who felt that the Flower resembled closely the Crown of Thorns worn by Christ during Christ's Passion. The Passion Flower was Initially Introduced into the Field of Medicine during the early years of the 1840's by Dr L. Phares of Mississippi. The Vine Grows Rapidly in areas from Virginia to Southern Illinois and Southeast Kansas, and South to Florida and Texas. It was not until Prof. I. J. M. Goss of Atlanta, Georgia Reintroduced the Passion Flower and its Secret Recipes from the Depths of Obscurity into which it had been Buried, into the Practice of Eclectic Physicians during the latter Half of the Nineteenth Century that the Passion Flower gained in Popularity and Fame. This Fast Climbing Vine with its Dried Flowers was listed in the National Formulary from 1916 to 1936 but fell into Disuse in the United States,

although it was renowned for its Calming and its Sedative Properties even at that time. The Plant is Harvested after some of the Berries have Matured and is then Dried for later use. The Dried Passion Flower Herb is exported from America to Europe for Medicinal Usage.

It is frequently used in the Treatment of Insomnia, Epilepsy, Nervous Tension, Irritability, Neuralgia, and Hysteria. The Leaves and Stems are an Antispasmodic, Astringent, Diaphoretic, Hypnotic. It is also a Narcotic, Sedative, and a Vasodilator. An Extract of the Plant Depresses the Motor Nerves of the Spinal Cord, it is also a Mild Sedative, Slightly Reduces Blood Pressure and Increases Respiratory Rate. The Passion Flower contains Alkaloids and Flavonoids that are an Effective Non-Addictive Sedative that Does Not Cause Drowsiness. Its Narcotic Properties cause it to be used in Diarrhoea and Dysentery, Neuralgia, Sleeplessness and Dysmenorrhoea. Conditions that are Caused or Offset by Nervous Anxiety, like Asthma, Heart Palpitations, Muscle Cramps, and High Blood Pressure are Relieved by the Passion Flower.

Passion Flower can also be used in the Treatment of Neuralgia, Sciatica, Shingles, Muscle Pain, Parkinson's Disease, and Muscle Twitching. The Extract has also been proved to be useful in Various Disorders related to Tension, Anxiety and Stress. It is good for Treating Hot Flashes, Headaches, Migraine, Abdominal Pain, at times for Convulsions, and for a Persistent and Tickly Cough. A Poultice of the Roots is applied to Boils, Cuts, Earaches, and Inflammation.

The Drug Derived from the Passion Flower is known to be a Depressant to the Motor Side of the Spinal Cord, Slightly Reducing Arterial Pressure, though affecting Circulation but little, while Increasing the Rate of Respiration.

The Painkilling Properties of the Passion Flower are Utilized when it is Prescribed for Relief from Headaches, Period Pains, Toothaches. It is a Treatment of Women's Complaints such as Pre-Menstrual Tension and Vaginal Discharges.

It is used in the Treatment of Irritable Bowel Syndrome.

A Homeopathic Remedy is also made from this Herb.

The Passion Flower does have a Contraindication as it is Not Recommended for use during Pregnancy.

The Pasque Flower (*Anemone Pulsatilla*):



In the Language of Flowers, the Pasque Flower Speaks of being Forsaken. The Jealous Greek Goddess Flora turned the Nymph "Anemone" into a Windflower when she had attracted the attention of her Husband, Zephyr. He abandoned Anemone, leaving her Blowing in the Wind. The Flower is also said to have Sprung from the Blood of Adonis, as Aphrodite, the Goddess of Love, wept over his Slain Body. This Herb is Harvested soon after Flowering, it is More Poisonous when Fresh and so should be Carefully Preserved by Drying. It should not be Stored for Longer than 12 months before being used.

Pasque flower is an Alterative, Antispasmodic, Diaphoretic, Diuretic. It is also an Emmenagogue, Expectorant, Nervine and a Sedative. It is good for Tension Headaches, Neuralgia, Insomnia, and Hyperactivity. And it is also good for Treating Bacterial Skin Infections, Septicemia, Spasmodic Coughs in Asthma, Whooping Cough and Bronchitis.

Externally, it is used to Treat Eye Conditions such as Diseases of the Retina, Senile Cataract and Glaucoma. In homeopathy, the plant is considered to be specific in the treatment of measles. It is also used for treating nettle rash, toothache, earache and bilious indigestion.

The Tincture of the Pasque Flower is Beneficial in Treating Disorders of the Mucous Membranes and of the Respiratory and of the Digestive Passages.

It is taken Internally in the Treatment of Pre-Menstrual syndrome, Inflammations of the Reproductive Organs. It is also Valuable as an Emmenagogue, in the Relief of

Headaches and Neuralgia, and as a Remedy for Nerve Exhaustion in Women.

In Homoeopathy it is considered Very Efficacious and even a specific in Measles. It is prescribed as a Good Remedy for Neuralgic Toothache and Earache, and is Administered in Indigestion and Bilious Attacks.

Of the Pasque Flower, Nicholas Culpeper referred to it as the "Anemone" and wrote: "The leaves provoke the terms mightily, being boiled, and the decoction drank. The body being bathed with the decoction of them, cures the leprosy. The leaves being stamped and the juice snuffed up in the nose, purges the head mightily; so does the root, being chewed in the mouth, for it procures much spitting, and brings away many watery and phlegmatic humours, and is therefore excellent for the lethargy. And when all is done, let physicians prate what they please, all the pills in the dispensatory purge not the head like to hot things held in the mouth. Being made into an ointment, and the eye-lids anointed with it, it helps inflammations of the eyes, whereby it is palpable, that every stronger draws its weaker like. The same ointment is excellently good to cleanse malignant and corroding ulcers."

It does have some Contraindications as when taken in Excessive Doses, this Remedy can cause Diarrhea and Vomiting. It should not be Prescribed to Patients with Colds. Repeated Handling of the Plant can cause Skin Irritation in some People.

The Patchouli (Pogostemon Patchouli):





This Fragrant Herb, with Soft Opposite Egg-Shaped Leaves and Square Stems, grows from 2 to 3 feet in Height, giving out its Peculiar Characteristic Patchouli Odour when Rubbed. Its Whitish Flowers, Tinged with Purple, grow in both Axillary and Terminal Spikes. The Crop is cut Two or Three Times per Year with the Leaves being Dried and Packed in Bales and Exported for drawing out of its Essential Oil. The Best Oil is Freshly Distilled near the Plantations. In many Asian Countries, especially India, China and the Arabic Nations, the Herb has been Traditionally and Extensively Used in preparing a Number of Herbal Medications to Treat Several Conditions. Patchouli has been widely used as an Aphrodisiac or a Magic Potion that Arouses Sexual Desire.

The Primary Role of Patchouli in Traditional Herbal Medicine has been of an Antidepressant, Antiseptic and Aphrodisiac. Many Herbalists also Recommend Medical Formulations Prepared with Patchouli for Topical Application to Treat Fevers and Headaches. Patchouli has also been widely used as an Antidote for Venomous Snake Bites and Insect Stings. There are several other Remedial Uses of this Herb which includes Treatment of Conditions like Water Retention, PMS and Cellulite. Some Herbalists also Recommend the Essential Oil for Treating Medical Conditions such as Hemorrhoids and Varicose Veins. Chinese Herbal Medical Practitioners use Patchouli for Treating Nausea, Colds, Headaches, Diarrhea and Soreness in the Abdomen.

The Essential Oil obtained from Patchouli is extensively used in India as well as other Asian Countries for Manufacturing Perfumes as well as making a Good Insect Repellents. It is due to its Insect Repellent Capability that it gets put into Rolls of Expensive Persian Carpets to protect them from getting Infested with Insects that would Chew Apart the Persian Carpets. It is for that reason that Persian Carpets Experts always can tell a Fraudulent Persian Carpet when a Carpet does not have a Patchouli Smell to it. Without the Patchouli Smell, it might be a Domestically Made Carpet and did not actually come from Persia. The Essential Oil obtained from Patchouli is said to Possess Renewing Properties for the Skin Tone and Facilitates Healing Skin Conditions, such as Acne, Eczema, Scar Tissue as well as Split Skin.

Patchouli is presently Widely Used in Aromatherapy to Treat Skin Disorders.

It may have a Contraindication as its use is said to sometimes cause Loss of Appetite, Insomnia and Nervous Attacks. The Chinese, Japanese and Arabs believe it to possess Prophylactic Properties.

The Peach (*Prunus Persica*):



The Peach Tree is a species of Native to China that bears an Edible Juicy Fruit called a Peach. It is a Deciduous Tree growing from 13 to 33 Feet Tall, belonging to the Subfamily Prunoideae of the Family Rosaceae. It is Classified with the Almond in the Subgenus Amygdalus within the Genus Prunus, distinguished from the other Subgenera by the Corrugated Seed Shell.

Peaches are recommended for Acute, Infectious Diseases. They are recommended for Reducing Cholesterol in Blood, in Prevention of Cardiovascular, Renal Diseases and Anemia. Peaches are used in Abdominal Colics and Rheumatism Pains. Peaches are a good Ailment recommended for Convalescence, or for those who are in advanced states of Fatigue or Depressive States. It Charges and Regenerates Energetic Reserves through its Rich Containment of Sugar and Carbohydrates. Due to the fact that they contain Phosphorus, Peaches are recommended in Neurosis, protecting the Cells of the Nervous System. Peaches Eaten in the Morning instead of Breakfast helps to regulate Intestinal and Hepatic Functions, maintain the Alkalinization of Blood, Favor Assimilation and Nutrition. The regular consumption of Peaches is recommended to those with Urinary Lithiasis as well as for those who want to increase their Urinary Debit. Peaches also help to Feed and Regenerate the Skin Tissue.

Peach Tree Leaves are an Astringent, a Demulcent, a Diuretic, an Expectorant, a Febrifuge, a Laxative, a Parasiticide and a Mildly Sedative. Peach Tree Leaves are used Internally in the Treatment of Gastritis, Coughs and Bronchitis. They also help to relieve Vomiting and Morning Sickness during Pregnancy, though the Dose must be carefully monitored because of their Diuretic Action. The Dried and Powdered Leaves have sometimes been used to help Heal Sores and Wounds. Peach Tree Leaves are Harvested in June and July then Dried for later use.

The Peach Blossoms are a Diuretic, a Sedative and a Vermifuge. Peach Blossoms are also used Internally in the Treatment of Constipation.

The Pit Kernel is an Antiasthmatic, a Antitussive, an Emollient, a Sedative and is also a Laxative. It is used Internally in the Treatment of Constipation, Asthma, Menstrual Disorders and also Coughs as well.

The Peach Tree Bark is a Demulcent, a Diuretic, a Expectorant and also as a Sedative. The Peach Tree Bark it is used Internally in the Treatment of Gastritis, Coughs and Bronchitis. The Peach Tree Root Bark is used in the Treatment of Dropsy and Jaundice. The Peach Tree Bark is Harvested from Young Trees in the Spring and is Dried for later use.

A Semi-Drying Essential Oil is obtained from the Peach Kernel. It can be used as a substitute for Almond Oil in Skin Creams. The Bruised Leaves, when rubbed within any container, will remove Strong Odours such as Garlic or Cloves so long as your Hands or the Surface Affected has been Fully Cleaned Off First. The Gum obtained from the Stem is used as an Adhesive. The Gum also acts as an Alterative, an Astringent, a Demulcent and a Sedative.

If the Face is Lotioned with Peach Juice, the Complexion can be given a more Shiny Look.

Of Peaches, Nicholas Culpeper wrote:

"nothing is better to purge choler and the jaundice, than the leaves or flowers of this tree being made into a syrup or conserve. Let such as delight to please their lust regard the fruit; but such as have lost their health, and their children's, let them regard what I say, they may safely give two spoonfuls of the syrup at a time; it is as gentle as Venus herself. The leaves of peaches bruised and laid on the belly, kill worms, and so they do also being boiled in ale and drank, and open the belly likewise; and, being dried, is a far safer medicine to discuss humours. The powder of them strewed upon fresh bleeding wounds stays their bleeding, and closes them up. The flowers steeped all night in a little wine standing warm, strained forth in the morning, and drank fasting, doth gently open the belly, and move it downward. A syrup made of them, as the syrup of roses is made, works more forcibly than that of roses, for it provokes vomiting, and spends waterish and hydropic humours by the continuance thereof. The flowers made into a conserve, work the same effect. The liquor that dropped from the tree, being wounded, is given in the decoction of Coltsfoot, to those that are troubled with a cough or shortness of breath, by adding thereunto some sweet wine, and putting some saffron also therein. It is good for those that are hoarse, or have lost their voice; helps all defects of the lungs, and those that vomit and spit blood. Two drams hereof given in the juice of lemons, or of radish, is good for them that are troubled with the stone, the kernels of the stones do wonderfully ease the pains and wringings of the belly through wind or sharp humours, and help to make an excellent medicine for the stone upon all occasions."

It does have a Contraindication that the Peach Tree Kernel contains "Laetrile", which in a Pure Form is almost harmless, but on Hydrolysis it yields Hydrocyanic Acid, a very Rapidly Acting Poison, thus it should thus be Treated with Caution. In Small Amounts this Exceedingly Poisonous Compound stimulates Respiration, Improves Digestion and gives a sense of Well-Being.

The Pellitory (*Parietaria Officinalis*):



Pellitory is Native to Southern or Western Europe. These Plants have become Weeds in many parts of the World. They are Wild-Harvested to a Limited Extent for Medicinal Use and are Not Cultivated. This Inhabitant of Walls and Dry Stony Places is a Perennial with Dark Green Leaves, Small Greenish Flowers and Small Capsules containing Dark Brown to Blackish Seeds.

It is good for Seeking Relief from Rheumatic or Neuralgic Affections of the Head and Face, or for Palsy of the Tongue, have been Advised to Chew the Pellitory Root Daily for Several Months. It is also used to Treat Kidney and Bladder Disorders, Urinary Tract Infections, Cystitis, Urinary Stones and Related Ailments. It is also a Traditional Cough Medicine and may be used to Alleviate the Pain of Wounds and Burns and to Promote their Healing.

A Tincture made from the Dried Root may be Applied to Relieve the Aching of a Decayed Tooth. It is used by putting it onto a Cotton Wool, or Rubbed on the Gums.

Pellitory Root is Widely Used because of its Pungent Efficacy in Promoting a Free Flow of Saliva. When the Root is Sliced and Applied to the Skin, it induces Heat, Tingling and Redness.

The Powdered Root forms a Good Snuff to Cure Chronic Catarrh of the Head and

Nostrils and to Clear the Brain.

Of the Pellitory, Nicholas Culpeper wrote:

"I am persuaded it is one of the best purgers of the brain that grows. An ounce of the juice taken in a draught of Muscadell an hour before the fit of the ague comes, it will assuredly drive away the ague at the second or third time taken at the farthest. Either the herb or root dried and chewed in the mouth, purges the brain of phlegmatic humours; thereby not only easing pains in the head and teeth, but also hinders the distilling of the brain upon the lungs and eyes, thereby preventing coughs, phthisicks and consumption, the apoplexy and falling sickness. It is an excellently approved remedy in the lethargy. The powder of the herb or root being snuffed up the nostrils, procures sneezing, and eases the head-ache; being made into an ointment with hog's grease, it takes away black and blue spots occasioned by blows or falls, and helps both the gout and sciatica."

The Pellitory does have a Minor Contraindication, as the Pollen is known to Cause Severe Allergic Reactions in some People.

The Pennyroyal (*Mentha Pulegium*):



Pennyroyal belongs to the Mint Genus Family of Plants. Although this Herbal Plant is Native to Europe and the Western Regions of Asia, Pennyroyal has now been Naturalized in North and South America. Several Species and a Wide Variety of Pennyroyal, such as Apple Mint, Pineapple Mint, and Orange Mint are found around the World. This variety of Plant Flourishes well in proper Sunlit Areas and Partial Shade. This variety of Plant requires Moist, Deep and Sandy Soils for Robust Development. The Leaves are Harvested in the Summer as the Plant comes into



Flower and are Dried for later use.

Pennyroyal has been used for Centuries in Herbal Medicine. Its Main Value is as a Digestive Tonic where it increases the Secretion of Digestive Juices and relieves Flatulence and Colic. Pennyroyal also Powerfully Stimulates the Uterine Muscles and encourages Menstruation, thus it should not be Prescribed for Pregnant Women since it can procure Abortions, this is especially the case if the Essential Oil is used.

The Pennyroyal Herb is an Antiseptic, Antispasmodic, Carminative, and a Diaphoretic. It is also an Emmenagogue, Sedative and Stimulant as well. A Herbal Tea made from the Leaves has Traditionally been used in the Treatment of Fevers, Headaches, Giddiness, Hysteria, and Minor Respiratory Infections. It is also good for Treating Digestive Disorders, Menstrual Complaints and Various Minor Ailments. It is Occasionally Used as a Treatment for Intestinal Worms.

Externally, an Infusion of Pennyroyal is used to Treat Itchiness and Formication, Inflamed Skin Disorders such as Itchiness, Eczema and Rheumatic Conditions such as Gout.

Pennyroyal Water Distilled from the Leaves and given as an Antidote to Spasmodic, Nervous and Hysterical Affections. It was also used against Cold and Affections of the Joints.

The Essential Oil in the Leaves is an Antiseptic, though it is Toxic in Large Doses.

Rodents have an Extreme Aversion to the Scent of Mints. Not only do People Strew the Pennyroyal Herb in their Homes to keep out Insects and Rodents, but the Dried Plant Parts were also kept in different Places in the Granaries with a view to Protect Grains from Invasion by Mice.

Of the Pennyroyal, Nicholas Culpeper wrote:

"Drank with wine, it is good for venomous bites, and applied to the nostrils with vinegar revives those who faint and swoon. Dried and burnt, it strengthens the gums, helps the gout, if applied of itself to the place until it is red, and applied in a plaster, it takes away spots or marks on the face; applied with salt, it profits those that are splenetic, or liver grown.... The green herb bruised and put into vinegar, cleanses foul ulcers and takes away the marks of bruises and blows about the eyes, and burns in the face, and the leprosy, if drank and applied outwardly.... One spoonful of the juice sweetened with sugar-candy is a cure for Whooping-cough."

As is said before, there is a Major Contraindication of Pennyroyal as its Stimulation of the Uterine Muscles encourages Menstruation, so it must not be given to Pregnant Women since it can cause Abortions.

## Peppermint (*Mentha Piperita*)



Pliny tells us that the Greeks and Romans Crowned themselves with Peppermint at their Feasts and Adorned their Tables with its Sprays, and that their Cooks Flavoured both their Sauces and their Wines with its essence. It is mentioned in the Icelandic Pharmacopoeias of the Thirteenth Century, but only came into general use in the Medicine of Western Europe about the middle of the Eighteenth Century, and then was first used in England.

The Japanese have long recognized the value of Mint, and over 200 years ago carried it about with them in Little Silver Boxes hanging from their Girdles. The Distillation of Peppermint Essential Oils forms a considerable Industry in Japan. The Chief Centre of Cultivation is the Prefecture of Uzen, in the North-East of the Island of Honchu, the largest of the Japanese Islands, and much is grown in the Northern Island of Hokkaido, but the best Peppermint Essential Oils are produced in the Southern Districts of Okayama and Hiroshimo.

In Modern Times, the United States is now the most important producers of Peppermint producing - mostly in Michigan, where its cultivation was introduced in 1855, Indiana, the western districts of New York State, and to a smaller extent in Ohio - rather under half of the world's total output of the Peppermint and its Essential Oil. The whole of the Peppermint Cultivation is confined to the North-Eastern portion of the United States, and the extreme south of Canada, where some is grown in the Province of Ontario.

The Peppermint is Abortifacient, Anodyne, Antiseptic, Antispasmodic, Carminative, Cholagogue, Diaphoretic, and Refrigerant. Peppermint Herbal Teas are also a good Household Remedy for Painful Menstrual cramps.

Peppermint Oil is the most extensively used of all the Essential Oils, both Medicinally and Commercially, and greatly adds to its Power of Relieving Pains arising in the Digestive Track. From its

Stimulating Stomachic and Carminative Properties, it is Valuable in certain forms of Dyspepsia being mostly used for Nausea, Flatulence, Belching and Colic. It may also be employed for other Sudden Pains and for Cramp in the Abdomen. Wide use of Peppermint has been made for the Treatment of Cholera, Constipation and Diarrhea. An Infusion is used in the Treatment of Irritable Bowel Syndrome. It is also known for helping Treat Certain Liver Conditions.

Peppermint is good to assist in Raising Internal Heat and inducing Perspiration, although its Strength is soon Exhausted. In Slight Colds use of Peppermint Herbal Tea will effect a Cure. An Infusion of Peppermint Herb and Elder Flowers will banish a Cold or Mild Attack of Influenza within 36 hours. A Herbal Tea made from Peppermint Leaves has Traditionally been used in the Treatment of Fevers, Migraines and Headaches.

In cases of Hysteria and Nervous Disorders, the usefulness of an Infusion of Peppermint has been found to be well augmented by the addition of equal quantities of Wood Betony, its operation being hastened by the addition of a Few Drops of Tincture of Caraway.

Peppermint is used in Medicine to relieve the Pain of Rheumatism, Arthritis, Gout, Neuralgia, Throat Affections and Toothache. It acts also as a Local Topical Anaesthetic, and Disinfectant. Many Topical Rubs of Peppermint used as a Common Ingredient have been used to Relieve Sore Muscles or Joints and may also be used for the Topical Treatment so as to Soothe Itchy Skin.

Peppermint Herbal Tea is a Vascular Stimulant so is also useful for Treating Palpitations of the Heart.

Of Peppermint, Nicholas Culpepper wrote: 'It is good for wind and colic in the stomach.... The juice, laid on warm, helps the King's evil or kernels in the throat.... The decoction or distilled water helps a stinking breath, proceeding from corruption of the teeth, and snuffed up the nose, purges the head. It helps the scurf or dandruff of the head used with vinegar. Applied with salt, it helps the biting of a mad dog; with mead and honeyed water, it eases the pains of the ears, and takes away the roughness of the tongue, being rubbed thereupon. '

Pepper Weed (Lepidium Densiflorum):



Pepper Weed is a part of the Mustard Genus Family of Plants and they do have a very "Mustardish"

taste to them.

It is a common and widespread plant in North America, where it grows in many habitats across Canada and the United States. It is uncertain whether it is native or introduced. It was used in Europe as a substitute for watercress but was never domesticated.

It grows easily in disturbed sites and it is considered a Weed in some areas. This is an annual or biennial Herb producing a short, erect, branching stem up to about 30 centimeters in height. Leaves grow in a basal rosette at the base of the stem and reach up to about 10 centimeters long; Leaves higher up on the stem are smaller and less prominently lobed.

There are some Old Remedies that the Native Americans used to use Pepper Weed for. They would Chew the leaves as an Analgesic for Headaches, which shows that it must have some form of Salicylic Acid. The Lakota used a Infusion made of Pepperweed for strengthening the Kidneys. The Mahuna used an Infusion of its as a Dietary Reducing Aid. The Navaho and Keyenta used it as a Pediatric Aid making a Cream out of it and rubbing onto a Baby's Face in order to sooth the child. It even says that such Cream has been also used to help sooth Sunburns.

It is edible and can be used as a spice to replace Mustard. Leaves can be eaten - raw or cooked. A Hot Cress-like Flavour, they are used in Spring and early Summer, the Young Leaves are best. Immature Seedpods - a hot pungent Taste, they are used as a Flavouring. Seed - is the part used as a Mustard-like flavouring. The pungency of Mustard develops when Cold Water is added to the Ground-up Seed - an Enzyme (Myrosin) acts on a Glycoside (Sinigrin) to produce a Sulphur Compound. The reaction takes 10 - 15 minutes. Mixing with Hot Water or Vinegar, or adding Salt, inhibits the Enzyme and produces a Mildly-pungent but Bitter Mustard.

The Peruvian Bark (*Cinchona Succirubra*):



The Peruvian Bark is a Tall Evergreen Tree that often reaches between 50 to 100ft in height when Fully Mature. The Leaves of the Peruvian Bark are Flat and Broad and has a Shiny Green Surface. The Peruvian Bark's Flowers are White, Pink or Red in Color and are often Elongated. The Leaves are also covered all over thickly with Silky Hairs, giving them a Very Distinct Appearance. Peruvian Bark is Rich in the Anti-Malaria Compound Quinine and it was Peruvian Bark that the US Military used as a Source for Quinine that they used to Treat Soldiers for Malaria during their South Pacific Campaigns during WW2. Peruvian Bark is a Febrifuge, Tonic and Astringent. It is Valuable for Influenza, Neuralgia and Debility.

The Powdered Bark is often used in Tooth-Powders, owing to its Astringency, but not much used Internally. Peruvian Bark creates a Sensation of Warmth, but sometimes causes Gastric Intestinal Irritation. Powdered Peruvian Bark not only Cures Malaria but also Reduces Elevated Temperatures during Fevers of all kinds. It is also good for Treating Malarial Infections as well.

A Decoction of Peruvian Bark is a Useful Gargle and a Good Throat Astringent. This Decoction also stimulates the Secretion of the Saliva. This Bitter Tonic Induces Digestive Secretions and helps to Boost the Appetite which Aids the Recovery of the Weak Digestive System.

A Liquid Extract of the Peruvian Bark is useful as a Cure for Drunkenness. Remedies



made from the Peruvian Bark is also helpful in bringing Relief from Chronic Arthritis.

There is some Contraindications to Peruvian Bark as Large and Too Constant Doses must be Avoided, as they produce Headaches, Giddiness and Deafness.

The Pill-Bearing Spurge (Euphorbia Hirta):



Native to India and Australia, the Pill-Bearing Spurge is now widespread throughout the Tropics. The Aerial Parts of the Plant are gathered when it is in Flower during the Summer and can be Dried for later use.

The Pill-Bearing Spurge has Traditionally been used in Asia to Treat Bronchitic Asthma and Laryngeal Spasms, though in Modern Herbalism it is more used in the Treatment of Intestinal Amoebic Dysentery. The Pill-Bearing Spurge is an Anodyne, Antipruritic, Carminative, Depurative, and a Diuretic. It is also a Febrifuge, Galactagogue, Purgative and Vermifuge.

The Pill-Bearing Spurge's Stem, when taken Internally, is Famed as a Treatment for Asthma, Bronchitis and various other Lung Complaints. The Herb relaxes the Bronchioles but apparently Depresses the Heart and General Respiration. It is usually used in combination with other Anti-Asthma Herbs. It is also used to Treat Intestinal Amoebic Dysentery.

The Whole Plant is Decocted and used in the Treatment of Athlete's Foot, Dysentery, Enteritis and other Skin Ailments. It has been used in the Treatment of Syphilis.

The Sap of the Pill-Bearing Spurge is applied to Warts in order to Destroy them. The Treatment needs to be Repeated 2 - 3 times a day over a period of several weeks to be Fully Effective.

The Pill-Bearing Spurge has some Major Contraindications as its Sap is Toxic on Ingestion and Highly Irritant Externally, causing Photosensitive Skin Reactions and Severe Inflammation, especially on Contact with Eyes or Open Cuts. The Toxicity can remain High even in Dried Plant Material. Large Doses cause Gastro-Intestinal Irritation, Nausea and Vomiting. Prolonged and Regular Contact with the Sap is Inadvisable because of its Carcinogenic Nature.

The Pineapple (Ananas Comosus):



The Plant is Indigenous to South America, though little is known about the origin of the Domesticated Pineapple. The Natives of Southern Brazil and Paraguay spread the Pineapple throughout South America, and it eventually reached the Caribbean. Columbus discovered it in the Indies and brought it back with him to Europe. The Spanish introduced it into the Philippines, Hawaii, Zimbabwe and Guam. The Fruit was cultivated successfully in European Hothouses, and Pineapple Pits, beginning in 1720. It was found that they Native Peoples used Pineapple Poultices to reduce Inflammation in Wounds and other Skin Injuries. Native Peoples also Drank the Juice to Aid Digestion and to Cure Stomachaches.

Pineapple contains a mixture of Enzymes called Bromelain which helps to Prevent Inflammation. To help Reduce Inflammation, Eat Pineapple in between Meals. If Eaten during or after Meals, the Enzymes will be utilized for Digesting Food. The Root and Fruit are either Eaten or Applied Topically. There are claimed Therapeutic Benefits for Bromelain in the following conditions: Angina, Arthritis,

Athletic and Musculoskeletal Injuries, Bacterial Infections, Bronchitis, Cellulitis, Staphylococcus Infection, Inflammation, Pneumonia, Sinusitis, and Surgical Traumas. It has been found that Bromelain can also Break Down Blood Clots, which consist mainly of Protein. This Bromelain Enzyme may well play a major part in Heart Attack Treatment in the Near Future, as well as in the Treatment of Burned Tissue, Abscesses, and Ulcers.

Tests have shown that Pineapple helps Reduce Swelling brought about by Arthritis, Gout, Sore Throat and Acute Sinusitis. This also helps Accelerate the Healing of Wounds due to Injury or Surgery.

Ripe Pineapple has some Diuretic Properties helping to Remove Toxic Elements from the Body. Pineapple Juice also Helps to Kill Intestinal Worms. It also Relieves Intestinal Disorders Stimulates the Kidneys and Soothes the Bile.

Pineapple contains Nutrients that Believed to protect against Cancer and these Nutrients also Help to Break up Blood Clots and is Beneficial to the Heart.

### The Pine Tree (*Pinus Nigra*):

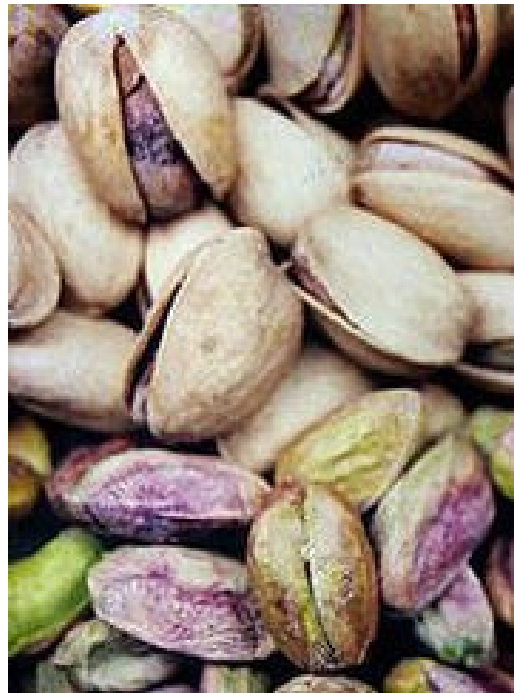
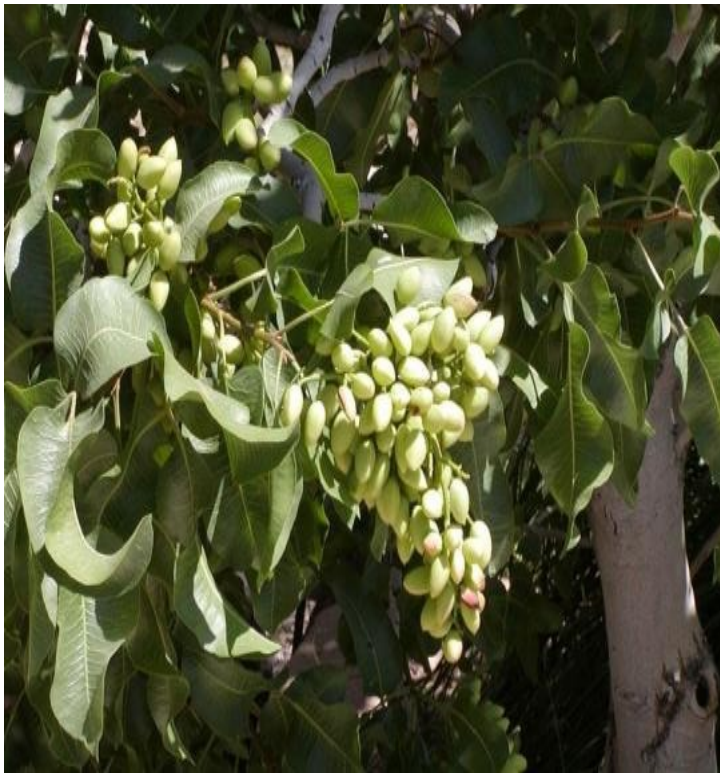


Among all the types of Trees belonging to the Coniferous Variety the Genus *Pinus* is perhaps the Hugest and Most Significant. Precisely speaking, this Genus encompasses as many as 95 species and several Ranges and Crossbreeds. Trees belonging to the Genus *Pinus* are extensively dispersed, especially in the Northern Hemisphere where they are found Growing Naturally from the Sea Level to the Arctic or Antarctic limit of Tree Growth. It is well known for having Vitamin C in the Needles and it was this that the Natives of North America taught the first European Pioneers, showing them how a Herbal Tea from the Needles is a Good Remedy for Curing Scurvy.

All the Pines yield Resin in Greater or Smaller Quantities, which is obtained by Tapping the Trees. The Crude Resin is almost entirely used for the Distillation of Oil of Turpentine and Rosin, only small quantities being employed Medicinally for Ointments or Plasters. Oil of Turpentine is a Good Solvent for many Resins, Wax, Fats, and is largely employed in making Varnish. Medicinally, it is much employed in both General and Veterinary Practice as a Rubefacient and Vesicant, and is Valuable as an Antiseptic. Turpentine is a Valuable Remedy used Internally in the Treatment of Kidney and Bladder Complaints and is used both Internally and as a Rub and Steam Bath in the Treatment of Rheumatic Afflictions. It is also Very Beneficial to the respiratory System and so is useful in Treating Diseases of the Mucous Membranes and Respiratory Complaints such as Coughs, Colds, Influenza and Tuberculosis. Externally it is a Very Beneficial Treatment for a variety of Skin Complaints, Wounds, Sores, Burns, and Boils.

Of course, the Lumber that Pine provides has been used by Humanity as Building Material for Housing, Furniture and Tools.

The Pistachio (*Pistacia Vera*):



The Pistachio is used in China for the Treatment of Abdominal Ailments, Abscesses, Amenorrhoea, Bruises, Chest Ailments, Circulation, Dysentery, Rheumatism, Sclerosis of the Liver, and Sores. The Seed is said to be Sedative and Tonic. Eating Pistachios may actually reduce the Body's Response to the everyday Stresses of Life lowering the Risk of developing Hypertension.



Pistachios are the Richest Source of Potassium of all the Nut Family and contain Vitamins A, E, D, and K. A Single Ounce of Pistachios carries more than 10% of the Daily Value for Dietary Fiber, Vitamin B6, Thiamine (good for the Nervous System), Magnesium, Phosphorous, and Copper.

The Fat in Pistachios - almost 90% - is "Good" or Unsaturated Fat, which can Lower Blood Cholesterol and those who ate Pistachio Nuts Five Times A Week throughout a Study showed a Decrease in their Cholesterol Levels. Those with the resulting Lower Cholesterol Readings were at a Lower Risk for Heart Attack. It has also been found that Vegetarians and Vegans who eat Pistachios consistently register the Lowest Rates of Chronic Diseases and the Longest Life Expectancy.

I found a reference that Pistachios are a Key Player in the Highly Respected Mediterranean Diet, I wondered if Nicholas Culpepper may have known of them. When I checked out the online copy of the English Physitian that I have been using, I did not see anything there.

The Plantain (Plantago Major):



The reason I have become suddenly fascinated with Plantain is because during the last Herbology Meetup that I went to in Byrne Creek, the Organizer demonstrated how to Bruise it and apply it to a Minor Cut or Wound to help speed Healing.

Also, about 2 years ago, when I did my Herbicidal Experiment with Vinegar, I found that Plantain was the one Weeds in the Tree Well that had the best Resistance to the affects of the Vinegar. It sort of Yellowed a bit on the day I first applied it, but by a week later, it was Fully Recovered, and the two other doses of Vinegar that I sprayed onto it had no affect on it at all, so it grew a Resistance to Vinegar very quickly.

Also, I recall reading somewhere that due to its Healing affects on Sore Feet, Roman Soldiers used to line their Footwear with it while they were Marching cause they found that it helped to keep their Feet from getting Blisters.



Plantain is a Perennial Herb that grows throughout the World and is very easy to Cultivate. It succeeds in any Soil and does very well in good Sunny locations. It is a Very Important Food Plant for many Species of Butterfly Caterpillars, which is good to know since I am also doing a Research Project on how to maintain a Garden that is Attractive and Healthy for Butterflies.

Plantain is Edible and Medicinal. Its Young Leaves are Edible Raw in Salad or Cooked into Soups, Stews or Casseroles. Plantain is very rich in Vitamins B1, C, K and Riboflavin.

The American Indians thought highly of the Plantain for its Healing Properties and one Indian Name for the Plant Translates into "Life Medicine" Plant. Recent Chemical Analysis of the Plant shows that it has something called "Glycoside Aucubin" in it and this substance is a Powerful Anti-Toxin. It also has Ascorbic Acid, Apigenin, Baicalein, Benzoic-acid, Chlorogenic-acid, Citric-acid, Ferulic-acid, Oleanolic-acid, Salicylic-acid, and Ursolic-acid.

Its Leaves and Seeds are used as Antibacterial Ointments, Antidotes, as Astringents, as Anti-inflammatory Agents, as Antiseptics, as Antitussives, as Cardiac Treatments, as a Demulcent, as a Diuretic, as an Expectorant, as a Haemostatic, as a Natural Laxative, as a Ophthalmic, as a Poultice on a Wound, as a Refrigerant, and as a Vermifuge.

Medical Evidence confirms that it has uses as an Alternative Medicine for Asthma, Emphysema, Bladder Problems, Bronchitis, Fevers, Hypertension, Rheumatism and for good Blood Sugar Control in Diabetics.

A Decoction of the Roots of the Plantain is a good Treatment for things like Diarrhea, Dysentery, Gastritis, Peptic Ulcers, Irritable Bowel Syndrome, Haemorrhages, Hemorrhoids, Cystitis, Bronchitis, Catarrh, Sinusitis, Coughs, Asthma and Hay Fever.

Extracts of the Plant have Antibacterial Effects and is safe and effective in Treating Bleeding from Cuts or Bruises. It is Heated Leaves that are used for Dressing Wounds and helps to Promote Healing without leaving any Scars. When Rubbed on parts of the Skin, it helps to treat the Stinging Sensation from Stinging Nettles.

It has also been found to create a Natural Aversion to Tobacco and is currently being used in products that help people to stop Smoking. Fresh Crushed Leaves are supposed to be good when applied to Sunburns. Its Root is said to be used as an Antidote and Anti-Venom for Rattlesnake and Spider Bites.

Its Medicinal Herbal Tea is good for Cold and Flues. A Healing Salve is made by putting about 1lb of an entire Chopped Plantain Plant into it with 1 cup of Lard and cover, then let it simmer on Low Heat till it is all Mushy and Green. Strain while Hot, allow to Cool and use for Burns, Insect Bites, Rashes, Blisters and all Sores. Plantain leaves, chopped up and pounded with Black Currant leaves, Elder buds, Angelica and Parsley and Simmered with Clarified Butter and was considered most useful for Burns or Raw Surfaces. A most excellent ointment can also be made from Pilewort (Celandine), Elder buds, Houseleek while prepared with the Broad Plantain leaf.

Taken as a Tea, it eases Irritation of Upper Respiratory Tract Catarrh and Inflammations of the Mucus Membranes of the Mouth and Throat. A Decoction of Plantain was considered good for disorders of the Kidneys, and the Powdered Root for complaints of the Bowels. The Herbal Tea is also good to use as an Eyewash.

Of the Plantain, Nicholas Culpepper wrote:

"The juice of Plantain clarified and drank prevails wonderfully against all torments or excoriations in the intestines or bowels, helps the distillations of rheum from the head, and stays all manner of fluxes, even women's courses, when they flow too abundantly. It is good to stay spitting of blood and other bleedings at the mouth, or the making of foul and bloody water, by reason of any ulcers in the reins or

bladder, and also stays the too free bleeding of wounds. It is held an especial remedy for those that are troubled with the phthisic, or consumption of the lungs, or ulcers of the lungs, or coughs that come of heat. The decoction or powder of the roots or seeds, is much more binding for all the purposes aforesaid than the leaves. The roots of Plantain, and Pellitory of Spain, beaten into powder, and put into the hollow teeth, takes away the pains of them. The clarified juice, or distilled water, dropped into the eyes, cools the inflammations in them, and takes away the pain and web; and dropped into the ears, eases the pains in them, and heals and removes the heat."

The Pleurisy Root (*Asclepias Tuberosa*):



Pleurisy root is a Perennial Herb with several Stems, growing to 3 Feet and Branching at the Top. Leaves with Dark Green Upper Surfaces and Pale Green Undersides Grow Alternately from the Stems and are Shaped like Spear Points. It is Native to Canada Growing from Ontario to Minnesota and most abundantly Southward and Southwestward, is Known Popularly as Pleurisy Root, from its Medicinal Use. Pleurisy Root was long in use by North American Aboriginal Natives and European Pioneers. The Root is Harvested in the Autumn and can be used Fresh or Dried.

Pleurisy Root is a Bitter Nutty-Flavoured Tonic Herb that Increases Perspiration, Relieves Spasms and acts as an Expectorant. Its main use in Present Day Herbalism is for Relieving the Pain and Inflammation of Pleurisy, mitigating the Pain of Pleurisy and relieving the difficulty of Breathing, and is also Recommended in Pulmonary Catarrh. It also possesses a Specific Action on the Lungs, Assisting with Expectorations, Subduing Inflammation and Exerting a General Mild Tonic Effect on the System, making it valuable in all Chest Complaints.

The Root is an Antispasmodic, Carminative, Mildly Cathartic, and a Diaphoretic. It is also a Diuretic, Expectorant, Tonic and a Vasodilator. The Root was Very Popular as a Medicinal Herb for the Treatment of a Range of Lung Diseases such as Whooping Cough, and Pneumonia, and is considered

especially useful as an Expectorant.

It has also been used Internally for the Treatment of Diarrhoea, Dysentery, and Rheumatism. Pleurisy Root helps to Reduce Fevers by Stimulating Perspiration.

A Poultice of the Dried Powdered Roots is used in the Treatment of Swellings, Bruises, Wounds, Skin Ulcers, and Lameness.

Pleurisy Root does have some Contraindications and use with Caution. This Remedy should not be Prescribed for Pregnant Women. Also, Very Large Doses can cause Diarrhoea and Vomiting.

The Pokeroor (Phytolacca Americana):



The Plant known to us as the Pokeroor is known to the Native Americans. They used the Pokeroor as Herbal Emetic, and also as a Topical Herbal Remedy for the Treatment of Skin Diseases affecting Various Patients. The Remedies made from the Pokeroor were also used as a stimulant for the Heart by the Native Americans in the region of present day Delaware. The Plant has an unusually High Potassium Content and the Ashes, which contain over 45% Caustic Potash, have been used as a Salve for Ulcers and Cancerous growths. The Root is Best Harvested in the Autumn and can be Dried for later use.

Pokeweed has a Long History of Medicinal Use, being Employed Traditionally in the Treatment of Diseases related to a Compromised Immune System. It contains Potent

Anti-Inflammatory Agents, Antiviral Proteins and Substances that affect Cell Division.

The Primary Role of the Remedies Based on the Pokeroor is as a Remedy for the Treatment of Various Infections affecting the Upper Respiratory Tract. It is used as an Aid in the Cleansing of Problematic and Blocked Lymphatic Glands in different areas of the Body. The various other Disorders of the Body where the Remedies Based on the Pokeroor are used include Catarrh, problems such as Tonsillitis, disorders such as Laryngitis.

The Root is an Alterative, Anodyne, Anti-Inflammatory, and Cathartic. It is also an Expectorant, Hypnotic, Narcotic and Purgative. The Dried Root is used as an Anodyne and Anti-Inflammatory.

The Root is taken Internally in the Treatment of Auto-Immune Diseases (especially Rheumatoid Arthritis), Tonsillitis, Mumps, Glandular Fever and other complaints involving Swollen Glands, Chronic Catarrh, and Bronchitis. The Fresh Root is used as a Poultice on Bruises, and Rheumatism. A Wash made from the Roots is applied to Swellings and Sprains. It has also been used for Treating Headaches.

A Tea made from the Fruit is used in the Treatment of Rheumatism, and Dysentery. Both Lotion and Tincture of Pokeroor are used in Treating Lucorrhoea.

The Fruit of the Poke Root has a Similar Action to the Roots. The Juice is used in the Treatment of Cancer, Haemorrhoids and Tremors.

A Poultice made from the Fruit is applied to Sore Breasts.

The Leaves are Cathartic, Emetic and Expectorant.

A Homeopathic Remedy is made from the Fresh Root. Its Main Action is on the Throat, Breasts, Muscular Tissues and the Joints.

Poke Root does have some Contraindications as taking it to Excess Causing Diarrhoea and Vomiting. This Remedy should be used with Caution and preferably under the Supervision of a Qualified Practitioner. It should not be Prescribed for Pregnant Women.

A Red Ink and a Dye are obtained from the Fruit. A Beautiful Colour, though it is not very Permanent. It makes a Good Body Paint, Washing Off easily when no longer required, though the Slightly Toxic Nature of the Berries should be remembered. The Rootstock is Rich in Saponins and can be used as a Soap Substitute.

Poke Root has some Contraindications as the Leaves are Poisonous. They are said to be Safe to Eat when the Leaves are Young, but the Toxins Develop as the Plants grow Older. The Poke Root Sap can cause Dermatitis in Sensitive People. The Poke

Root Plant contains substances that cause Cell Division and can Damage Chromosomes. These Substances can be Absorbed through any Abrasions in the Skin, potentially causing Serious Blood Contaminations, and so it is Strongly Recommended that the People Wear Gloves when Handling the Plant.

Policeman's Helmet (*Impatiens Glandulifera*):



Its common names are also Bobby Tops, Copper Tops, and Gnome's Hatstand all originate from the Flowers being decidedly Hat-Shaped. Himalayan Balsam and Kiss-me-on-the-Mountain arise from the fact that the Plant originates in the Himalayan Mountains.

A Bach Flower Remedy, Policeman's Helmet is beneficial to people who are propelled by an Internal Feeling of Exigency, a sentiment that they require getting things done 'yesterday' or earlier. People who require Impatiens most are those who easily become irritated and tetchy with others. In the case the individuals who have Problems with Controlling their Personal Impulses as well as throughout Rehabilitation from Drug Addiction, Impatiens has the aptitude to Reinstat Balance in the Mind/ Emotions as well as the Body and augment Self-Mastery.

Young Leaves and Shoots are Edible but should be Cooked. They should not be Eaten on a regular basis though. Care should be taken as they contain High Concentrations of Calcium Oxalate (which is broken down and leached out on cooking). Immature Seed Pods are Edible Whole, and can be cooked in Stir-Fries and Curries. An Edible Oil is obtained from the Seed.

Because of its High Mineral Content, People with a tendency to Rheumatism, Arthritis, Gout, Kidney Stones and Hyperacidity should take especial caution if including this Plant in their Diet.

So if you have Impatient Nervous Disorders, then it is good for putting into your Diet, but if you have any Joint Pain Problems, then this Herb can exasperate the condition.

The Pomegranate (*Punica Granatum*):





Of the Pomegranate, the Greek Botanist Pedanius Dioscorides, who wrote the original *De Materia Medica*, wrote of the Pomegranate:

"All sorts of pommegranats are of a pleasant taste and good for ye stomach ... The juice of the kernells prest out, being sod and mixed with Hony, are good for the ulcers that are in ye mouth and in ye Genitalls and in the seate, as also for the Pterygia in digitis and for the Nomae and ye excrescencies in ulcers, and for ye paines of ye eares, and for the griefs in ye nostrills ... The decoction of ye flowers is a collution of moist flagging gummies and of loose teeth ... ye rinde having a binding faculty ... but ye decoction of ye roots doth expell and kill the Latas tineas ventris"

I judge from the above that consuming Pomegranate Juice has been known to be good for treating Cold Soars that are brought on by Herpes. In Mexico, a Decoction of the Flowers is Gargled to relieve Oral and Throat Inflammation.

Research indicates that the High Level of Antioxidants found in Pomegranate Juice is effective in Combating a number of afflictions, including Heart Disease, Stroke, Hypertension, Premature Aging, Alzheimer's Disease, Hemorrhoids, Fertility and even Cancer.

The Preventive Medicine Research Institute in Sausalito, California, have found that it is good for Heart Disease Patients on Cholesterol-Lowering Drugs. After drinking Eight Ounces of Pomegranate Juice each day for Three Months, it was found that the Pomegranate Juice Drinkers had a much improved Blood Flow to the Heart.

Pomegranates contain High Levels of Flavonoids - a type of Antioxidant - which are exceptionally effective at Neutralizing Cancer-causing Carcinogenic. According to researchers from the University of Wisconsin, Pomegranate Juice may be a Promising Agent against Skin Cancer.

The most recent Revelation about the Pomegranate's Health benefits suggests that Extracts of the Fruit could prevent the onset of Osteoarthritis. Scientists in America treated samples of Human

Cartilage damaged by Osteoarthritis with the Extract and found that it inhibited the production of the Enzyme Responsible for causing the Damage.

Studies with Diabetic Patients have shown that supplementing the Diet with Pomegranate Juice had Beneficial Antioxidant effects on Macrophages, implying that it could reduce the development of Atherosclerosis. Other studies have shown the Benefits of Pomegranate in promoting Neurologic Health, maintaining Joint Integrity and Function.

It Enhances Immune Function, Enhancing the Activity of Antibiotics used to treat Methicillin-Resistant and Methicillin-Sensitive Staphylococcus Aureus Infections, and preventing Smooth Muscle Dysfunction and Fibrosis in Erectile Dysfunction. It exhibits Estrogenic Properties, blocking Herpes Simplex Virus Replication and Adsorption as Dioscorides found.

The use of Pomegranate Rind and Root Bark has been used as a Treatment for Tapeworm Infestation. However, Overdoses of such a Decoction are Emetic and Purgative, produce Dilation of Pupils, Dimness of Sight, Muscular Weakness and Paralysis.

The Potato (*Solanum Tuberosum*):



The Potato was introduced into Europe early in the 16th Century, being brought to Spain from Peru, and was first brought into England in 1586 from North America, the Colonists sent out by Sir Walter Raleigh bringing it back with them from Virginia. Though Sir Walter Raleigh was the first to Plant the Potato, on his estate at Youghall, near Cork, it is said that he knew so little about it that he tried to eat the Berries, and on discovering their Noxious Character, ordered the Plants to be Rooted Out. It is said that the Gardener in doing so, first learnt the value of their wholesome Tubers.

Most of the Vitamins and Minerals are in the Skin of the Potato, so peeling them is actually a mistake. And surprisingly, the Potato does have some Medicinal Benefits besides being loaded with Carbohydrates and Starches.

Successful experiments in the Treatment of Rheumatism and Gout have in the last few years been made with preparations of raw potato juice. In cases of Gout, Rheumatism and Lumbago the Acute Pain is much relieved by fomentations of the prepared Juice followed by an application of an Ointment made from Potato. Hot Potato Water has in years past been a popular Remedy for some forms of Rheumatism, Fomentations to Swollen and Painful Parts, as Hot as can be borne. Another Potato Remedy for Rheumatism was made by cutting up Unpeeled Tubers, infusing them together with Unripe Berries for some hours in Cold Water, and applying in the form of a Cold Compress.

Sprains and bruises have also been successfully treated by the Potato-juice preparations, and in cases of synovitis rapid absorption of the fluid has resulted. Although it is not claimed that the treatment in acute gout will cure the constitutional symptoms, local treatment by its means relieves the pain more quickly than other treatment.

Uncooked Potatoes, Peeled and Pounded in a Mortar, and applied Cold, have been found to make a very soothing Plaster to parts that have been Scalded or Burnt.

### The Prickly Ash (*Zanthoxylum Americanum*):



The Prickly Ash is a Tall Shrub that may also be Described as a Small Tree and usually grows up to a Height of Twenty Feet. The Shrub is distinguished by its Barbed Stalks and Branches. The Leaves of the Prickly Ash are covered with Fine Hair like materials when they are Young and as they Mature they become Smooth and have Spots of Resins on its Outer Surfaces. When the Leaves of Prickly Ash are Crushed, they give out a Fragrance similar to Lemons. The North American Aboriginal Natives used the Prickly Ash to seek Relief from Toothaches and hence the Prickly Ash Herbal Shrub is also known as the Toothache Tree. It was also Highly Regarded by the North American Indians Aboriginals to Alleviate the Pains of



Rheumatism. The Prickly Ash is a Warming, Stimulating Herb which is Beneficial for the Circulation.

All Parts of this Herbal Plant, but especially the Bark and Roots, contain its Active Ingredients and they are good for Treating Arthritic, Digestive problems, Leg Ulcers as well as Rheumatism.

The Prickly Ash Bark and Roots are an Irritant, Odontalgic and a Antirheumatic. Along with the Prickly As Fruit they are Diaphoretic, Stimulant and a Useful Tonic in Debilitated Conditions of the Stomach and Digestive Organs. They produce Arterial Excitement and are of use in the Treatment of Fevers, Ague, and Poor Circulation. The Fruits are considered More Active than the Bark. It is also good for Treating Typhoid and Skin Diseases and Impurity of the Blood.

The Pulverized Root and Bark are used to ease the Pain of Toothache. One Report says that it is Very Efficacious, but the sensation of the Acrid Bark is fully as unpleasant as the Toothache. Chewing the Bark induces Copious Salivation. Rubbing the Fruit against the Skin, especially on the Lips or in the Mouth, produces a Numbing Effect. A Tea or Tincture of the Bark has been used in the Treatment of Dyspepsia, Dysentery, as well as Heart and Kidney Problems. The Tea made from the Inner Bark has been used to Treat Itchy Skin.

In addition, Medications Prepared with the Bark or Berries of the Prickly Ash Tree are useful in Relieving Gas, Curing Diarrhea and Toning Up or Neutralizing the Digestive System. It has also been known to help Cure Cholera.

The Prince's Feather (Amaranthus Hypochondriacus):



In Ancient Greece, the Prince's Feather was Sacred to Ephesian Artemis. It was supposed to have Special Healing Properties and as a Symbol of Immortality was used to Decorate Images of the Gods and Tombs. The Name, from the Greek signifying Unwithering, was applied to certain Plants which from their lasting for ever, typified Immortality.

Young Leaves - Cooked as a Spinach. Rich in Vitamins and Minerals, they have a Mild Flavour. Seed - Raw or Cooked. They can be used as a Cereal Substitute. They can also be Popped in much the same way as Popcorn.

The whole plant contains Tannin and is Astringent. It is used Internally in the Treatment of Diarrhoea and Excessive Menstruation. It can be used as a Gargle to Soothe Inflammation of the Pharynx and to hasten the Healing of Ulcerated Mouths, whilst it can also be applied Externally to Treat Vaginal Discharges, Nosebleeds and Wounds.

The Psyllium (Plantago Psyllium):







Psyllium is primarily used to treat problems with Constipation and Diarrhea when Eaten. The Psyllium Seeds have the ability to absorb Water rapidly and tend to then become surrounded with a Unique Mucilage, which is a substance with Excellent Powers of Emulsification and the Seeds are Highly Prized as a Herbal Laxative.

Psyllium Fibre is one of the Very Best Nutritional Supplements you can take for your Intestinal Health. It helps Heal Diarrhea by allowing the Body to pass more Normal Stools. It also helps regulate the body when suffering from certain Diseases such as Chron's Disease. Psyllium also helps to relieve Stomach Discomfort from Ulcers and Indigestion. It also helps to increase Colon Health. The Administration of Psyllium has been found to be a Good Treatment of the symptoms of Irritable Bowel Syndrome.

Psyllium Husks also help to Lower Cholesterol and aids in speeding up the time it takes for Digestive Transit time. People also report a reduction in Appetite by having a "Fuller" feeling. Its ability to Lower Cholesterol makes it a Good Nutritional Supplement for Diabetics.

Psyllium is also good for Hemorrhoids as when it is taken Internally and helps by making Bowels more Soft.

Of the Psyllium, Nicholas Culpeper knew it as "Fleawort" and wrote:

"The seeds fried, and taken, stays the flux or lask of the belly, and the corrosions that come by reason of hot cholerick, or sharp and malignant humours, or by too much purging of any violent medicine, as Scammony, or the like. The mucilage of the seed made with Rose-water, and a little sugar-candy put thereto, is very good in all hot agues and burning fevers, and other inflammations, to cool the thirst, and lenify the dryness and roughness of the tongue and throat. It helps also hoarseness of the voice, and diseases of the breast and lungs, caused by heat, or sharp salt humours, and the pleurisy also. It helps all inflammations in any part of the body, and the pains that come thereby, as the headache and megrims, and all hot imposthumes, swellings, or breaking out of the skin, as blains, wheals, pushes, purples, and the like, as also the joints of those that are out of joint, the pains of the gout and sciatica, the burstings of young children, and the swellings of the navel, applied with oil of roses and vinegar. It is also good to heal the nipples and sore breasts of women, being often applied there-unto. The juice of the herb with a little honey put into the ears helps the running of them, and the worms breeding in them. The same also mixed with hog's grease, and applied to corrupt and filthy ulcers, cleanses them and heals them."

The Pumpkin (Cucurbita Pepo):



The Pumpkin has been much used as a Medicine in Central and North America. It is a Gentle and safe Remedy for a number of complaints. Pectin Extracted from Pumpkin Pulp helps in Gelling Agents for Jams, and Pie Fillings, and Stabilizers in Yoghurts and Milk Drinks.

The Complete Seed, together with the Husk, is an especially Effective Tapeworm Remover for Children and Pregnant Women for whom Stronger Acting and Toxic Remedies are Unsuitable. It is then necessary to take a Purgative afterwards in order to expel the Tapeworms or other Parasites from the Body. The Fruit Pulp is used as a Decoction to relieve Intestinal Inflammation.

The Seeds are a Mild Diuretic and Vermifuge. The Seed is Ground into a fine Flour, then made into an Emulsion with Water and Eaten. The Pumpkin Seed is used to Treat Hypertrophy of the Prostate. The Seeds seem to have a Good Anti-Inflammatory Affect that is good for Arthritis. Pumpkin Seeds are also a rich source of Monounsaturated Fat which has a Healthier form of Cholesterol while Decreasing the Bad Cholesterol, which contributes to Bad Heart Conditions.

The Seed and its Essential Oils is high in Zinc, Phosphorous, Magnesium and Manganese. and has been

used successfully in the early stages of Prostate Problems. Pumpkin Seed Oil is Good for Stopping the Enlargement of the Prostate Gland and helps to Prevent that sort of Cancer.

The Pumpkin's Diuretic action has been used in the Treatment of Nephritis and other Problems of the Urinary System. Eating Pumpkin Pulp (perhaps Shredded and mixed into Salads) help with Prevention of Osteoporosis.

The Leaves, Sap, or Pulp of the Fruit can be applied externally to burns.

Of the Pumpkin, Nicholas Culpeper wrote:

"The seed is cooling, and of the nature of the melon and other cold seeds, and may serve very well to make emulsions."

The Purslane (*Portulaca Oleracea*):



It has an Extensive Distribution, assumed to be mostly Anthropogenic, throughout the Old World extending from North Africa through the Middle East and the Indian Subcontinent to Malesia and Australasia. It is Naturalised elsewhere, and in some regions is considered an Introduced Weed. Purslane contains more Omega-3 Fatty Acids than any other Leafy Vegetable Plant. Purslane also contains Vitamins and Dietary Minerals such as Magnesium, Calcium, Potassium, and Iron.

Known as Ma Chi Xian (Translates as "Horse Tooth Amaranth") in Traditional Chinese Medicine. Its Leaves are used for Insect or Snake Bites on the Skin, Boils, Sores, Pain from Bee Stings, Bacillary Dysentery, Diarrhea, Hemorrhoids, Postpartum Bleeding, and Intestinal Bleeding.

The Expressed Juice, taken while Fresh, was said to be good for Strangury, and taken with Sugar and Honey to afford Relief for Dry Coughs, Shortness of Breath and Immoderate Thirst. The Juice, with Oil of Roses, was recommended for Sore Mouths and Swollen Gums and also to Fasten Loose Teeth.

It was supposed to Cool 'Heat in the Liver' and to be excellent for 'Hot Agues,' and all Pains in the Head 'proceeding from the Heat, want of Sleep or the Frenzy,' and also to Stop Haemorrhages.

The Herb, when Bruised and Applied to the Forehead and Temple, was said to allay Excessive Heat, and applied to the Eyes to Remove Inflammation.

The Seeds, Bruised and Boiled in Wine, were given to Children as a Vermifuge.

Use is Contraindicated during Pregnancy and for those with Cold and Weak Digestion. Purslane is a Clinically Effective Treatment for Oral Lichen Planus.

The Quassia (*Picrasma Excelsa*):



The Quassia is a Lofty Deciduous Tree that usually grows up to 100 feet or 30 meters and has a even Gray Bark and Bears Multiple Leaves from the Branches. The Flowers of Quassia are Yellow in Color, while its Fruits are Black in Color and shaped like Peas. What is Interesting is the fact that No Insect or Pest ever bothers the Tall and Elegant Quassia Trees. The reason behind this is that the Entire Tree, particularly the White Colored Timber, is Infused with a Tremendously Astringent Resin. The Key Chemical Component of the Resin is known as Quassin, which is said to be an Effective Insecticide.

Quassia Wood is a Pure Bitter Tonic and Stomachic. It is also a Vermicide and is Slightly Narcotic. It is a Valuable Remedy in Convalescence, after Acute Disease and in Debility and Atonic Dyspepsia. It acts as an Antispasmodic when having Fevers.

An Infusion of Quassia Wood is a Potent Mixture and is used as Enemas to Eliminate Parasitic Threadworms. The Bitterness of the Herb has rendered it useful for Treating Malaria as well as other Fevers or unusually High Body Temperatures. In

the West Indies, their Physicians recommend it to be used for Treating Dysentery.

Cups made of the Quassia Wood and Filled with Liquid will in a few hours become thoroughly Impregnated and this Drink makes a Powerful Tonic.

It does have a Contraindication as when taken in Large Doses, can cause Vomiting.

The Quince (*Cydonia Oblonga*):



The Quince is an Undersized Deciduous Tree that usually grows up to a height of 3 to 5 Meters and has a Width of about 4 to 6 Meters. This Variety is the Solitary Member of the Genus *Cydonia* and resembles the Pear and Apple Trees. The Quince Bears Large Single Flowers whose Hues range from White to Pink. Like the Apple and Pear, the Quince Bears Fruit that are Scented and has a Golden Hue when Mature. The Quince Fruits are usually either Round or Pear Shaped. The Fruits are usually around 7 cm to 12 cm in length and 6 cm to 9 cm in width. People have been Cultivating Quince since Time Immemorial and was familiar to the Ancient Greeks. The Botanical Name of the Tree '*Cydonia*' Denotes Cydon, which is located on the Island of Crete.

The Quince Seed is a Mild but Reliable Laxative, Astringent and Anti-Inflammatory. When Soaked in Water, the Seed Swells up to form a Mucilaginous Mass. This has a Soothing and Demulcent Action when taken Internally and is used in the Treatment



of Respiratory Diseases, especially in Children. This Mucilage is also Applied Externally to Minor Burns and Bruises. People in different Regions of the Middle East collect the Quince Seeds and Boil them in Water. They Drink the Solution as a Remedy for Pneumonia.

The Quince's Fruit is an Antivinous, Astringent, Cardiac, Carminative, and a Digestive. It is also a Diuretic, Emollient, Expectorant, Pectoral, and a Peptic. Not only that, it is a Refrigerant, Restorative, Stimulant and a Tonic as well. The Unripe Fruit is Very Astringent and a Syrup made from it is used in the Treatment of Diarrhoea and Flatulence. And it is Particularly Safe for Children. The Fruit, and its Juice, can be used as a Mouthwash or Gargle to Treat Mouth Ulcers, Gum Problems and Sore Throats.

The Leaves can be used as an Astringent and has a Beneficial Effect on the Circulatory System and helps to Reduce Blood Pressure.

The Stem Bark is an Astringent so it is used in the Treatment of Ulcers.

Of the Quince Tree, Nicholas Culpeper wrote:

"Quinces when they are green, help all sorts of fluxes in men or women, and choleric lasks, casting, and whatever needs astriction, more than any way prepared by fire; yet the syrup of the juice, or the conserve, are much conducive, much of the binding quality being consumed by the fire; if a little vinegar be added, it stirs up the languishing appetite, and the stomach given to casting; some spices being added, comforts and strengthens the decaying and fainting spirits, and helps the liver oppressed, that it cannot perfect the digestion, or corrects choler and phlegm. If you would have them purging, put honey to them instead of sugar; and if more laxative, for choler, Rhubarb; for phlegm, Turbith; for watery humours, Scammony; but if more forcible to bind, use the unripe Quinces, with roses and acacia, hypocistis, and some torrified rhubarb. To take the crude juice of Quinces, is held a preservative against the force of deadly poison; for it hat been found most certainly true, that the very smell of a Quince hath taken away all the strength of the poison of white Hellebore. If there be need of any outwardly binding and cooling of hot fluxes, the oil of Quinces, or other medicines that may be made thereof, are very available to anoint the belly or other parts therewith; it likewise strengthens the stomach and belly, and the sinews that are loosened by sharp humours falling on them, and restrains immoderate sweatings. The muscilage taken from the seeds of Quinces, and boiled in a little water, is very good to cool the heat and heal the sore breasts of women. The same, with a little sugar, is good to lenify the harshness and hoarseness of the throat, and roughness of the tongue. The cotton or down of Quinces boiled and applied to plague sores, heals them up: and laid as a plaister, made up with wax, it brings hair to them that are bald, and keeps it from falling, if it be ready to shed."

The Quince's Seeds do have some Contraindications the Seed is Poisonous. Like

many of the Species in that Fruit Tree Family, its Seeds contains Hydrogen Cyanide. In Small Quantities, Hydrogen Cyanide has been shown to Stimulate Respiration and Improve Digestion. It is also been Claimed to be of Benefit in the Treatment of Cancer. In Excess, however, it can Cause Respiratory Failure and even Death.

The Radish (*Raphanus Sativus*):



The Radish was a well-established Crop in Hellenistic and Roman times, which leads to the assumption that it was brought into Cultivation at an earlier time but there are almost no Archaeological Records available to help determine its earlier History and Domestication.

Radish Roots stimulate the Appetite and Digestion, having a Tonic and Laxative effect upon the Intestines and indirectly stimulating the Flow of Bile. Consuming Radish generally results in Improved

Digestion, but some People are sensitive to its Acridity and Robust Action. The Radish is used in the Treatment of Intestinal Parasites. The Radish Seeds are Carminative, Diuretic, Expectorant, Laxative, Piles and Stomachic. They are taken Internally in the Treatment of Indigestion, Abdominal Bloating, Jaundice, Wind, Acid Regurgitation, Diarrhoea and Bronchitis.

Radishes are an Excellent Food Remedy for Stone, Gravel and Scorbutic Conditions. The Juice of the Fresh Leaves is Diuretic and Laxative. Radish Juice has also been used in the Treatment of Cholelithiasis as an Aid in Preventing the formation of Biliary Calculi.

Radish contains Vitamin C, Zinc, Phosphorous and some of the B-Complex Vitamins, which are all known to be good for the Health of our Skin. The Water enclosed by Radish assists in sustaining the Wetness of the Skin.

The Root is Antiscorbutic, Antispasmodic, Astringent, Cholagogue, Digestive and Diuretic. It is Crushed and used as a Poultice for Burns, Bruises and Smelly Feet. The Root is also an Excellent Blood Detoxifier.

Radishes possesses Anti-Pruritic attributes, it may be employed in the form of an Effectual Remedy for Insect Bites and Stings of Hornets, Bees, Wasps as well as other Insects.

The Plant contains Raphanin, which is Antibacterial and Antifungal. It inhibits the growth of Staphylococcus Aureus, E. coli, Streptococci, and other Microbial Food Illnesses.

Radishes helps to Reduce the Body Temperature and Alleviate Inflammation caused by Fevers. Drinking Radish Juice blended with Black Salt is effective in this regard.

Radishes helps one to Loose Weight as it is a very Filling Food, it easily fills up the Stomach and Satiates Hunger while not giving the Consumer very many Calories.

The Leaves, Seeds and Old Roots are used in the Treatment of Asthma and other Chest Complaints. The Plant also shows Anticargenic Tumour activity.

Of the Radish, Nicholas Culpepper wrote:

"They are plants of Mars, and are opening, attenuating, and antiscorbutic; they are much eaten in the spring, but afford little nourishment, and are very windy; they provoke urine, and are good for the stone and gravel. They are but seldom used in the shops. The juice of radish root, newly expressed, with the addition of a little white wine, is a notable remedy for the gravel; scarcely any thing operates more speedily by urine, or brings away sabulous concretions more effectually. The roots eaten plentifully sweeten the blood and juices, and are good against the scurvy."

The Rapeseed Field Mustard (Brassica Rapa):



Their Seeds are used to produce an Edible Oil that is fit for Human Consumption because it has lower levels of Erucic Acid than Traditional Rapeseed Oils and to produce a Livestock Feed because it has Reduced Levels of the Toxic Glucosinolates. Canola was originally Naturally Bred from Rapeseed in Canada by Keith Downey and Baldur R. Stefansson in the early 1970s, but it has a very different Nutritional Profile in addition to much Less Erucic Acid, although it still has some in it. The name "Canola" was derived from "Canadian oil, low acid" in 1978. This product was derived from Cross-Breeding of Multiple Lines of Brassica Juncea is also referred to as Canola Oil and is now considered Safe for Consumption. Rapeseed was an Oilseed Plant that had already been used Ancient Civilizations. The word "Rape" in Rapeseed comes from the Latin word "Rapum," meaning Turnip. Turnip, Rutabaga, Cabbage, Brussels Sprouts, Mustard and many other Vegetables are related to the Two Canola Varieties now Commonly Grown. The Negative Associations due to the Homophone "Rape" resulted in creation of the more marketing-friendly name "Canola". The change in name also serves to distinguish it from regular Rapeseed Oil, which has much higher Erucic Acid Content.

For Hundreds of Years, Asians and Europeans used Rapeseed for Oil Lamps. As a matter of a fact, Canola Oil is now a promising source for manufacturing Biodiesel Petroleum which is a Renewable Alternative to Fossil Fuels. As time progressed, People started using it as a Cooking Oil and added it to Foods.

Edible Rapeseed Oil Extracts were first put on the Market in 1956–1957, but these suffered from several Unacceptable Characteristics. Rapeseed Oil had a Distinctive Taste and a Disagreeable Greenish Colour due to the presence of Chlorophyll. It also contained a High Concentration of Erucic Acid. Experiments on Animals have pointed to the possibility that Erucic Acid, consumed in Large Quantities, may cause Heart Damage. Feed Meal from the Rapeseed Plant was not particularly appealing to Livestock, due to high levels of Sharp-Tasting Compounds called Glucosinolates.

Canola Oil is Low in Saturated Fat, is high in Monounsaturated Fat, and has a Beneficial Omega-3 Fatty Acid Profile. It is now known to have well established Heart Health Benefits and is recognized by many Health Professional Organizations including the American Dietetic Association, and American Heart Association. Though Wild Rapeseed Oil contains significant amounts of Erucic Acid, which is a known Toxin, the Cultivar used to produce Commercial Food-Grade Canola Oil was Bred to contain less than 5% Erucic Acid, which are Reduced Enough Levels that are not believed to cause Harm in Humans.

As for Medicinal Properties, it does have a few. A Decoction of the Leaves or Stems is used in the Treatment of Cancer. The Powdered Seed is said to be a Folk Remedy for Cancer. The Crushed Ripe Seeds are used as a Poultice on Burns. Some Caution should be Exercised here since the Seed of most Brassicas is cause a Redness of the Skin. The Root when Boiled with Lard is used for Breast Tumours. A Salve derived from the Flowers is said to help Skin Cancer.

Rapeseed Root Peelings contain a Natural Insecticide. The Chopped Roots can be Brewed into a Tea with Flaked Soap, this is then Strained before use. It is effective against Aphids, Red Spider Mites and Flies.

The best use for Rapeseed, in my opinion is for providing Lamp Oil, Biodiesel Fuel, and Insecticides, but not for Cooking or Food.

The Raspberry (*Rubus Idaeus*):





The Fruits of the Prickly Stemmed Raspberry Plant have been used from Time Immemorial to lend a Pleasant Flavor to any number of Pharmaceutical Preparations. The varieties most popularly used were those of *Rubus Idaeus* and *Rubus Strigosus* Michx. While *Rubus Idaeus* is considered native to Europe, *Rubus Strigosus* Michx is considered to be native to North America. Today, both the Species are Cultivated Extensively all across America.

It is useful as an Astringent and Stimulant. An Infusion of Raspberry Leaves is used as a Gargle for Sore mouths, Oral Canker Sores, and as a Wash for Wounds and Ulcers. The reason that it is good for such things is because of the substantial content of Hydrolyzable Tannin in the Leaves, which contain both Gallic and Ellagic Acids in the free and combined forms. The Leaves, combined with the Powdered Bark of Slippery Elm, make a good poultice for cleansing Burns and Scalds, removing Burnt Flesh and promoting Healing.

A Chilled Infusion of Raspberry Leaves is a Reliable Remedy for Extreme Diarrhea of the Bowels. It is also useful in Stomach Complaints of Children.

Raspberry Leaf Tea is good for Women who are in the process of Giving Birth. It should be taken freely - warm. Raspberry Leaves are often quoted to be the Most Famous of all Herbs used during Pregnancy, as they have relaxing as well as toning or Astringent actions, with particular regard to the Uterus and Uterine Muscles. The Astringent and stimulating properties strengthen and tone up the Uterine Muscles, and the Pelvic Muscles as well, and the relaxing and soothing properties of the Leaves help to relax the Uterus. As a matter of fact, Raspberry Leaves tone up the Mucous Membranes throughout the Body, including the Kidneys and the entire Urinary Tract. It has also be found that Raspberry Juice helps to quell the Nauseous Feeling of Morning Sickness that Women are subjected to during Pregnancy. Researchers in Australia analyzed the Safety and Effectiveness of Raspberry Leaf Tablets on the duration of Labor. In the study of Pregnant Women, they could not identify any adverse effects for either the Mothers or their Babies. They did find that Women who ingested Raspberry Leaf might be less likely to receive a Cesarean Section, and observed a 35 percent reduction in Forceps Deliveries

for Women using Raspberry Leaf, compared to other Women. Raspberry Juice also helps to create better Lactations during Breast Feeding. From the Third Month onwards, the Pregnant Woman is encouraged to take a Cupful Daily, and from the Sixth Month onwards, Three Cups per day.

The Red Clover (*Trifolium Pratense*):



The First Thing that I found was that it is a Wild Plant that is gathered and used to Feeding Grazing Cattle and other Farm Animals. Red Clover is a species originally found native in parts of Europe, in some areas of Northern Africa, as well as in some areas of Central Asia. It is now a Familiar Plant Species in the Americas. Nowadays, Red Clover is also cultivated in the Americas and in Australia for Pasturage and as a Rotation Crop. The Red Clover is in a symbiotic relationship with Bacteria present in its Root Nodules, thus the Plant is capable of fixing Atmospheric Nitrogen into the Soil, and this enhances the quality of the Soil in which it is grown which is the reason for its use as a Rotation Crop.

Red Clover is a Source of many Nutrients including Calcium, Chromium, Magnesium, Niacin, Phosphorus, Potassium, Thiamine, and Vitamin C. Red Clover is a Rich Sources of isoflavones. The Red Clover Flowers act as a Mild Expectorant, a Mild Anti-Spasmodic, a Mild Diuretic, and a Dermatological Agent. It acts Sedative, an Deobstruent and is a Lymphatic Cleanser. It is an Antiflammatory. Red Clover's Fluid Extract of *Trifolium* is used as an Alterative and Antispasmodic.

Since it is good for the Lymphatic System, is Good for Treating Debilitating or Chronic Diseases such as Mononucleosis, Hepatitis, and good for Anticarcinogenic, especially for Prostate Cancer, Ovarian Cancer and Breast Cancer. For Menopause, it is Good for Hot Flashes and Vaginitis.

Red Clover is also good for helping Reducing Wear and Tear of Skin Tissues and various Skin Diseases, Sores, Boils, Acne, Eczema, Psoriasis and Dermatitis. It also good for helping Gout and Osteoporosis.

It has a Good for Respiratory Spasms, Coughs, Whooping Cough, and Bronchitis.

There is One Contraindication, and that is it may enhance the effects of Anticoagulant Blood Thinning

Drugs, increasing the Risk of Bleeding.

Rooibos Tea (*Aspalathus Linearis*):



Rooibos was traditionally used by the Aboriginal Bushmen South Africa and is said to have its home in the South African Mountainous Terrains. It is now becoming increasingly popular in the West as a Pleasant Tasting Tea that also has Health Benefits. This Tea is made from the Leaves and Stems of the Rooibos Bush.

Rooibos Tea is an Anti-Viral, Anti-Spasmodic, Anti-Anxiety and has Anti-Allergic Properties. They have also found that Rooibos is over 50 times more active in Anti-Oxidant Properties than Green Tea. Rooibos is Caffeine Free, and contains healthy amounts of Iron, Magnesium, Potassium, Fluoride, Manganese, Zinc, Calcium, and Vitamin C. Rooibos Tea has a high content of Fluoride which may help to protect against Tooth Decay.

Researches have shown that Rooibos is also beneficial in reducing the hazards of Heart Disease and also has an Antioxidant Compound that is thought to retard several conditions related to the Ageing Process. Rooibos is also effective in treating Mental Disorders related to Old Age.

It also contains fair amounts of Alpha-Hydroxy Acid, which is known to promote Healthy Skin. Rooibos Tea is generally beneficial to the Digestive System and relaxes Internal Spasms, it has been used in the treatment of Vomiting, Diarrhea and other Mild Gastric Complaints.

There is a wide range of Allergies that it is good for when both Internally and Externally taken, such as Milk Allergies, Eczema, Hay Fever and Asthma in Infants and Children. It has been found that it is possible that Rooibos impedes the release of Histamines, an Organic Derivative of Ammonia discharged by Immune Cells producing Allergic Reactions.



The Plant is Used as a Supplementary Medication while treating Syphilis as it Inhibits Common Inflammation (Swelling and Irritation) and reduces Pain. However, the Herb does not cure the Disease. There have been some Studies conducted have found that Rooibos is active against or combats the Human Immunodeficiency Virus. It has a Molecule called Polysaccharide (a complex Carbohydrate) Amalgams which helps to prevent the HIV from sticking to its intended or Target Cells in the Body.

It has been found that Rooibos Tea is good for inducing Sleep in Insomniac Patients. This is possibly owing to the fact that Researches have shown that Rooibos induces Sleep by influencing the Metabolism in the Brain and Thwarting the Disproportionate Discharge of Neurons responsible for Wakefulness. However, Tea prepared with Rooibos used for this purpose should only be taken after consulting a Physician.

It does have one Contraindication and that is similarly to Black Tea, Rooibos too slows down the absorption of Iron from the Consumed Food. However, Rooibos is less effective than the Black Tea in soaking up Iron from the Ingested Food. Hence, People suffering from deficiency of Iron and related Diseases should try to avoid drinking the Rooibos as well as Black Tea.

The Rose (*Rosa Centifolia*):



Of course, the Red Rose was made Famous by the Great Healer Nostradamus who used Roses to make his Rose Losenges, which provided the necessary Vitamin C that is necessary to fight the Infections of the Black Death Buebonic Plague. There are over a Hundred types of Genuses of Roses, but this one is the one of interest as it was the one used most often by Nostradamus.

The Rose's Root is an Astringent. The Petals are Laxative. A Syrup made from the Petals is used to Treat Constipation in Infants. The Fruit of many members of this Genus is a very rich source of Vitamins and Minerals, especially in Vitamins A, and E, as well as Vitamin C. Roses have Flavonoids and other Bio-active Compounds. It is also a Fairly Good Source of Essential Fatty Acids, which is fairly unusual for a Fruit.

The Leaves as well as the Petals of the Rose Plant provide a comforting effect and if ingested as a Herbal Tea, can diminish Body Temperature during High Fevers. The Herbal Tea prepared with Rose

Petals and Leaves is also effective in Cleansing Toxins and Heat from the Body, particularly when they give rise to Rashes on the Skin and Inflammatory Problems. The Rose also possesses Properties that increases the Body's Immunity and helps to Restrict all kinds of Infections from becoming Larger Problems. This is possible owing to the Rose's Cleansing or Purification Properties.

Infusions prepared with Rose Petals may be used to alleviate Cold and Flu Symptoms. This Infusion is effective in Treating Sore Throats, Runny Noses as well as Congested Bronchial Tracts. Roses are also effective in Combating Infections in the Digestive System and Restoring the Normal and Essential Bacteria in the Intestines.

The Essential Oil of the Rose is used in Aromatherapy.

Of the Red Rose, Nicholas Culpeper wrote:

"The red rose is more binding and restraining than any of the other species, good against all kinds of fluxes; they strengthen the stomach, prevent vomiting, and stop tickling coughs, by preventing the defluxion of rheum; and are of great service in consumptions: the anthera, or spices, are accounted cordial, though they are but seldom used. This is well known to all, and deserves all the praise which is given to it in physic. The conserve of the red buds, before the flower quite opens, which are the more restraining, is of excellent use in consumptive cases, especially in spitting of blood. The distilled water, which ought to be made of the full blown, is very cooling, and of good use in recent inflammations of the eyes, if in it there be dissolved a small quantity of rock saltpetre. Some apply the conserve for that purpose. A strong tincture, drawn from the red roses dried, makes a pleasant julep, and helps the bark in its operations."

The Rosehip (*Rosa Canina*):





They are basically the Fruit of the Rose Bush and they have a few Medicinal Beneficial Properties of their own which Rose Flowers actually do not.

For instance, Rose Hips are a Healthy Treat for Pet chinchillas. Chinchillas are unable to manufacture their own Vitamin C and lack the proper Internal Organs to process many vitamin-C rich foods. Rose Hips provide a Sugarless, Safe Way to increase the Vitamin C intake of Chinchillas and Guinea Pigs.

In World War II, the people of Britain were encouraged to gather Wild-Grown Rose Hips and to make a Vitamin C Syrup for Children. This was because German Submarines were sinking many Commercial Ships making Citrus Fruits from the Tropics were very difficult to Import.

The Fine Hairs found inside Rose Hips are used as Itching Powder.

Dried Rosehips are also sold for Primitive Crafts and Home Fragrance purposes. Rosehips are Scented with Essential Oils and can be used as a Potpourri Room Air Freshener.

Rose hips are used for Colds, Influenza and could be used to make the Nostradamus's Famous Rose Losenges, which were used to treat people with Bubonic Plague.

The Rosemary (*Rosmarinus Officinalis*):



This Evergreen Shrub originated in the Mediterranean Area and our Ancient Ancestors were well acquainted with this Herb, which had a Reputation for Strengthening the Memory. On this account it became the Emblem of Fidelity for Lover. Today, Rosemary is now Cultivated almost everywhere in the World, primarily for its Aromatic Leaves. The Rosemary has several Ash Colored Branches, and the Bark is rather Scaly. The Leaves are Opposite and Leathery Thick. They are Lustrous and Dark Green above and Downy White Underneath.

It is Good for helping getting over various Symptoms of the Common Cold that affect the Head, Liver and Stomache. Rosemary Oil dropped into the Temples and in the Nose is also good for Head Colds although he states that Very Little should be taken as it is Quick Acting. Rosemary and Coltsfoot Leaves are considered good when rubbed together and Smoked for Asthma and other affections of the Throat and Lungs. This Versatile Herb has even been used to Treat varied disorders like Vertigo and Epilepsy. It can be useful in helping Patients who have Fainted and who may be feeling Weak because of Weakened Blood Circulation. Rosemary is often recommended especially for cases of Low Blood Pressure.

Rosemary is capable of Increasing the Flow of Blood to the Head, it can improve both Concentration and Memory, and also for Treating Migraines and other forms of Headaches. The Herb is also a Relaxant and is also used Anxiety, Nervous Tension, Depression, Exhaustion, Insomnia, Lethargy, and as a Rejuvenating Tonic during Convalescence.

It is Good for the Digestions and helps keeping one from having Flatulence. When Powdered and taken with Wine, it helps with Digestion, especially with the Digestion of Meat. Rosemary contains Antiseptic Properties, with Antibacterial and Antifungal Properties as well, in the form of the Volatile Oils that it contains. These Properties serve to enhance the quality of the Immune System,

Essential Oils of Rosemary has the Carminative Properties of other Volatile Oils and is an excellent Stomachic and Nervine, curing many cases of Headache. The Rosemary Essential Oil is used Externally as a Rubefacient and is added to Liniments as a Fragrant Stimulant.

Both the Volatile Oil and the Medication of Rosemary have been used as Emmenagogues, which would be effective in Stimulating Menstrual Flow and as Abortifacients. It helps with Lethargy and Drowsiness making one more Alert and Awake.

Rosemary helps with Pains of the Gums and Teeth and it helps keeping one from having Bad Breath. Leaves made into an Ointment and applied or the Dried Leaves made into a Bath helps Pain of Joints, Ligaments and Sinews.  
It helps with keeping Eyes Clear.

Of Rosemary, Nicholas Culpeper wrote:

"It is an herb of as great use with us in these days as any whatsoever, not only for physical but civil purposes. The physical use of it (being my present task) is very much used both for inward and outward diseases, for by the warming and comforting heat thereof it helps all cold diseases both of the head, stomach, liver, and belly. The decoction thereof in wine, helps the cold distillations of rheum into the eyes, and all other cold diseases of the head and brain, as the giddiness or swimings therein, drowsiness or dullness of the mind and senses like a stupidity, the dumb palsy, or loss of speech, the lethargy, and fallen- sickness, to be both drank, and the temples bathed therewith. It helps the pains in the gums and teeth, by rheum falling into them, not by putrefaction, causing an evil smell from them, or a stinking breath. It helps a weak memory, and quickens the senses. It is very comfortable to the stomach in all the cold griefs thereof, helps both retention of meat, and digestion, the decoction or powder being taken in wine. It is a remedy for the windiness in the stomach, bowels, and spleen, and expels it powerfully. It helps those that are liver-grown, by opening the obstructions thereof. It helps dim eyes, and procures a clear sight, the flowers thereof being taken all the while it is flowering every morning fasting, with bread and salt."

The Rue (Ruta Graveolens):



Rue is Indigenous to Europe, but has now Acclimatized to the Conditions in the North America and is widely Cultivated there. This Evergreen Shrub Bears Small Yellow Flowers. The Rue has an Obnoxious Fragrance and has been used to Thwart Plague and other Contagions since Ancient Times. The Fresh Leaves of this Evergreen Flowering Shrub Emit such a Horrid Smell that People who have Smelled it once will remember the Scent Life Long. While the Terrible Scent of the Plant keeps Insects away, the Herb is also used to Treat Insect Bites. The Top Shoots the should be Gathered in Early Summer before the Plant Flowers and can be used Fresh or Dried.

Rue has a Long History of use as a Domestic Remedy, being especially valued for its Strengthening Action on the Eyes. The Plant contains Flavonoids that Reduce Capillary Fragility, which might explain the Plants Reputation as an Eye Strengthenener. The Whole Herb is an Abortifacient, Anthelmintic, Antidote, Haemostatic, and an Antispasmodic. It is also a Carminative, Emetic, Emmenagogue, Expectorant and an Ophthalmic as well. Not only that, it is a Rubefacient, is a Strong Stimulant, a Mildly Stomachic and Uterotonic.

The Tops of Fresh Shoots are the Most Active Medicinally. An Infusion is used in the Treatment of Hysterical Afflictions, Coughs, and Flatulence. Rue is also used for Treating Epilepsy, Vertigo or Dizzy Sensations, Colic or Stomach Aches, Intestinal Worms, Insect and Snake Bite Poisonings. Herbalists have used Rue to Treat several other Disorders such as a Disease of the Nervous System called Multiple Sclerosis and Bell's Palsy.

The Juice of the Plant has been used in Treating Earaches and Chewing a Leaf or Two is said to quickly bring relief from Giddiness, Nervous Headaches, and Palpitations. It is also said to be Effective in Curing Nervous Nightmares, while Fresh Leaves of the Herb are applied on the Forehead. An Alkaloid found in the Plant is an Abortifacient, Anti-Inflammatory and Antispasmodic.

The Dried Rue Leaves have several Therapeutic Benefits and have been used as an Anti-Spasmodic to Cure Cramps, a Calmative or a Sedative, an Emmenagogue that helps in Increasing the Menstrual Flow as well as an Abortifacient or a Drug that Causes Abortion.

A Homeopathic Remedy is obtained from the Fresh Herb is This is used in the Treatment of a Variety of Complaints including Eye Strain, Headache and Sprains.

Of the Rue, Nicholas Culpeper wrote:

"That this herb bruised and applied, perfectly heals old sores, and the distilled water of the herb and flowers doth the like. It is used by some among other pot-herbs to open the body, and make it soluble; but the roots washed clean, and boiled in ale and drank, provokes to stool more than the leaves, but yet very gently. The root

boiled in water, and the places of the body most troubled with vermin and lice washed therewith while it is warm, destroys them utterly. In Italy it is used against the plague, and in Saxony against the jaundice, as Camerarius says. A poultice made of the leaves has been known to give ease in the sciatica; and the country people in Buckinghamshire boil the roots and young leaves in ale, and take it as a purge. In smaller doses it works by urine, and removes obstructions of the viscera."

The Rue does have some Contraindications as some Caution is Advised in its use Internally as Large Doses of it can become Toxic and it can also cause Miscarriages. The Sap is Sensitizes the Skin to Light and causing Blistering or Dermatitis in Sensitive People. In addition, the Herb possesses an Inclination to Induce Vomiting when taken in Large Doses as well.

The Saffron (*Crocus Sativus*):



Saffron is a Famous Medicinal Herb long know for its Herbal uses by the Ancient Greeks, Romans as well as the Ancient Hebrews. Unfortunately, it is little used at present because cheaper and more effective Herbs are available. Saffron is the World's Most Expensive Spice. The Flower Styles and Stigmas are the parts used, but since these are very Small and Fiddly to Harvest they are Very Expensive as it takes 150,000 Flowers and 400 hours Work to produce 1 kilo of Dried Saffron and consequently often adulterated by lesser products. The Saffron Styles are Harvested in the Autumn when the Plant is in Flower and are Dried for later use. But they do not store well and should be used within 12 months. The Flower Styles are commonly used as a Flavouring and Yellow Colouring for various Foods such as Bread, Soups, sauces, Rice and Puddings. The Saffron Styles are extremely rich in Riboflavin.



The Saffron Styles and Stigmas are Anodyne, Antispasmodic, Aphrodisiac, Appetizer, Carminative, Diaphoretic, Emmenagogue, Expectorant, Sedative and Stimulant. Saffron is used to treat Chronic Haemorrhages in the Uterus, to induce Menstruation, and to Treat Period Pains. The Stigmas are used as a Dental Analgesic. This remedy should be used with caution, large doses can be narcotic and quantities of 10g or more can cause an abortion.

Of Saffron, Nicholas Culpeper wrote:

"It is an herb of the Sun, and under the Lion. Let not ten grains be given at one time, for the sun, which is the fountain of light, may dazzle the eyes and make them blind; a cordial being taken in an immoderate quantity, hurts the heart instead of helping it. It quickens the brain, for the Sun is exalted in Aries, as well as he has his house in Leo: it helps consumptions of the lungs, and difficulty of breathing: it is excellent in epidemical diseases, as pestilence, small-pox, and measles. It is a notable explosive medicine, and a good remedy for the yellow-jaundice. It is a very elegant and useful aromatic, of a strong penetrating smell, and a warm, pungent, bitterish taste. It is particularly serviceable in disorders of the breast in female obstructins, and hysteric depressions. Saffron is endowed with great virtues, for it refreshes the spirits, and is good against fainting-fits. It strengthens the stomach, helps digestion, cleanses the lungs, and is good in coughs. It is said to open obstructions of the viscera, and is good in hysteric disorders. However, the use of it ought to be moderate and seasonable; for when the dose is too large, it produces a heaviness of the head, and a sleepiness; some have fallen into an immoderate convulsive laughter, which ended in death."

The Sage (*Salvia Officinalis*):



Common or Garden Sage is an Aromatic, Perennial Herb of the Family Lamiaceae and is Native to the Mediterranean Region. Sage is Cultivated for its Leaves, which are often used either Fresh or Dried as a Culinary Herb to Flavour Poultry and Pork. Sage Bushes commonly grow to about 60 cm (2 feet) and

are characterized by their Wrinkled, Downy, Grey-Green/Whitish-Green Oval Leaves. Sage has also been used as a source for Essential-Oils and for its Stimulating Properties. In medieval Europe, Sage was thought to strengthen the Memory, Quickens the Senses, and Promotes Wisdom. Apart from *Salvia Officinalis*, there are many other species of *Salvia* that are also commonly referred to as Sage. It is a Stimulant, an Astringent, a Tonic and a Carminative. Has been used to Treat Breathing Disorders, but is now mostly employed as a Condiment.

It is Good for the Liver and helps the Body's Bone Marrow to create Strong New Blood Cells. Sage is a Good Diuretic and Helps with Women's Periods. Sage helps to keep the Hair from turning Grey during Old Age. Its Bruised Leaves Good for applying to Bleeding Wounds and Cleansing Infected Soars.

Pills made from a Toasted Seeds of Sage, Plant called Spikenard, Ginger, some Long Pepper. All this is made into a Powder and then mixed with Sage Juice making the Pills stick together. Taking One Pill in the Morning and One at Night with Water is good for All Pains. They are good for Headaches from Head Colds and good for Rheumatism. It also helps with the Falling Sickness. The Pills are also good for Lethargy and for Diseases of the Chest or Breast.

An Infusion of Sage is Cooling in Fevers, and also a Cleanser and Purifier of the Blood. The Infusion of Sage Stimulant Tonic that helps the Stomach and Nervous System and Weakness of Digestion. It was for this reason that the Chinese valued it, giving it the preference to their own Tea. It is considered a useful Medicine in Typhoid Fever and Liver Complaints, Kidney Troubles, Haemorrhage from the Lungs, for Colds in the Head as well as Sore Throat, Quinsy and Measles, for Rheumatism Pains, Lethargy and Palsy. It will check Excessive Perspiration, and is useful as an Emmenagogue.

Body and Mouthwashes made with Sage, Rosemary, Honey-Suckles, and Plantain, Boiled in Wine or Water, with some Honey or Allum. Helps Cure Sore Throats, Mouth Cankers, and for the Groin Area of both Men or Women. It is a Cure of Infections of the Mouth and as a Gargle in Inflamed Sore Throat, being excellent for Relaxed Throat and Tonsils, and also for Ulcerated Throat. The Fresh Leaves, rubbed on the Teeth, will Cleanse them Strengthen the Gums. Sage is a Common Ingredient in Tooth-Pastes and Tooth-Powders. Fresh Leaves will also provide Relief from Itching and Swelling accompanying Insect Bites, a few Fresh Sage Leaves can be Plucked, and then Crushed or even Chewed.

Sage Leaves, soaked in Wine, is good for Palsy when applied to a Paralyzed Limb that has Lost Its Feeling. It helps for Treating Snake Bites and its Juice is Good for getting rid of Worms that are in the Ears.

Juice of Sage, taken with Warm Water helps with Sore Hoarse Throats. Also, it was taken with Vinegar as a Remedy for the Plague. It is also Good for Painful Stitches in the Side of the Trunk. The Dried Leaves have been Smoked in Pipes as a remedy for Asthma.

Sage has long been considered an herb of wisdom (hence the phrase, "sage advice"). Along with wisdom, sage is often used to promote health, abundance and protection.

Traditional Uses:

- 1) Steep Sage in boiling water. Sprinkle throughout house to increase wisdom of occupants. Add to bath for clarity and wisdom as well.
- 2) Crush the leaves between your fingers while visualizing money coming into your life.
- 3) Sew into white pouch and wear to dispel negativity and promote health.
- 4) Sew into a purple pouch and carry to obtain wisdom about a particular matter.

Also, Sage is commonly used in Ritual Smudge Sticks:



The Salmonberry (*Rubus Spectabilis*):



Salmonberry can be found in Southern Alaska to California and scattered throughout the areas West of the Pacific Coast and Cascade Mountains. Salmonberry occurs in moist Forest Openings and Disturbed Sites.

The Leaves and the Root are Astringent. A Poultice of the Chewed Leaves has been used as a Dressing on Burns. The Root Bark is Analgesic, Astringent, Disinfectant and Stomachic. A Decoction is used in the Treatment of Stomach Complaints. A Decoction has been used to lessen the Pains of Labour. The Powdered Bark has been used as a Dusting Powder on Burns and Sores. A Poultice of the Bark has been applied to Wounds and Aching Teeth to ease the Pain. A Poultice of the Chewed Bark has been used as a Dressing to Relieve Pain and Clean Burns and Wounds.

The Sandalwood (*Santalum Album*):



Sandalwood is an Aromatic Tree that is a member of the Numerous Santalaceae Family. The Sandalwood Tree is Indigenous to India and the specialty of the Wood is that it Radiates a Perfumed Scent. Even the Wood or Timber acquired from the Tree is useful in Numerous Ways. The Vital Essential Oil Extracted from the Sandalwood Tree is Commercially Utilized in Fragrances, Incenses, and Herbal Remedies. A Small Tree 20 to 30 feet high, with many Opposite Slender Drooping Branches, Bark Smooth Grey-Brown. It has Numerous Small Flowers which are Stalked in Small Pyramidal Erect Groups. Much used as a Perfume for different purposes. The Wood is used for making Fancy Articles and is much Carved.

In India, the Sandalwood Tree is said to be in Danger of Extinction despite the Fact that all Sandalwood Trees in India as well as in Nepal are owned by the Respective Governments and despite Felling these Trees Stringently Restricted, many Trees are Still Cut Down and Smuggled out of these Countries by well-linked and highly-placed Smugglers.

Used Internally in Chronic Bronchitis, a few Drops of it is put on Sugar giving Relief. Sandalwood is also good for Treating Gonorrhea and Gleet. It has Benzoic and Boric Acids in it with make it good for Treating in Chronic Cystitis. The Sandalwood Essential Oil was primarily used Internally as an Internal Medication to Treat Urinary as well as Genital Disorders and Externally as an Antiseptic. The Sandalwood Essential Oil helps it to keep the Skin Free from Dermal Blackheads and Blemishes.

a Plaster of Sandalwood is used to Comfort Rashes and Prickly Skins. Chinese

Herbal Medicine Practitioners use the Sandalwood Plasters to Alleviate Chest and Abdominal Pains.

The Sassafras (Sassafras Officinale):



Although early Merchants confused the Sassafras Tree with Cinnamon, today it is distinct in its Appearance and Description. There are Three Species of this Tree. One is found in Large Numbers in North America while the other two belong to East Asia. It is the one from North America that is known for its Medicinal Properties. It Grows nearly 60 Feet Tall. Sassafras has Three Pronged Leaves and Oval Leaves which Grow all over the Branches. It has a Red Blueberry Flower, Spongy Red Bark, and Yellow Flowers. The North American Native Choctaw Tribe used to make a Paste of Dried Leaves to be used as a Thickening and Flavoring Agent in Soups and Stews. The Sassafras Tree has Strong Bark and Roots therefore it is Pest Free and does not get Diseased. Today even the Value of the Sassafras Tree is not Diminished. The Leaves are used in Salads in Small Quantities. When the Dried Root Bark is Boiled in Water with Sugar it can be used as a Condiment.

Sassafras has a Long History of Herbal use. It is still commonly used in Herbalism and as a Domestic Remedy. The Root Bark and Root Pith is an Alterative, Anodyne, Antiseptic, Aromatic, and a Carminative. It is also a Diaphoretic, Diuretic, Stimulant and a Vasodilator as well.

An Essential Oil from the Root Bark is used as an Antiseptic in Dentistry and also as



an Anodyne. Though it is less likely to Cause Cancer than Alcohol. The Essential Oil has been Applied Externally to Control Lice and Treat Insect Bites, though it can cause Skin Irritation. The Essential Oil is said to Relieve the Pain caused by Menstrual Obstructions, and Pain following Parturition and has also been found to be useful in Treating Gleet and Gonorrhea.

The Mucilaginous Pith from the Twigs has been used as a Poultice or Wash for Eye Ailments and is also taken Internally as a Herbal Tea for Chest, Liver and Kidney Complaints. Used Externally for Skin Ailments, Psoriasis, Wounds and Rubbing of Oil on affected areas. In Europe, Sassafras has been used to help Treat Syphilis. A Lotion of Distilled Water, with Sassafras Pith, Filtered after standing for Four Hours, is Recommended for the Eyes. Sassafras can also be Applied on the Head to Kill Lice.

A Herbal Tea made from the Root Bark is particularly Renowned as a Spring Tonic and Blood Purifier as well as a Household Cure for a Wide Range of Ailments such as Gastrointestinal Complaints, Colds, Kidney Ailments, Rheumatism and Skin Ulcers.

Sassafras does have a Contraindications as the Essential Oil contains Safrole, which is said to have Carcinogenic Activity and has been Banned from use in American Foods, even though the Potential Toxicity is Lower than that of Alcohol. The Essential Oil is Poisonous in Large Quantities and is Potentially Harmful causing Dilated Pupils, Vomiting, Stupor, Collapse and Kidney and Liver Damage. Its use has also Caused Abortion in Several Cases.

The Savory (*Satureja Hortensis*):



Summer savory is most often used as a Culinary Herb, but it also has marked Medicinal Benefits, especially upon the whole Digestive System. The plant has a milder action than the closely related Winter Savory. The plant is harvested in the summer when in flower and can be used fresh or dried.

The Whole Herb, and especially the Flowering Shoots, is an Antiseptic, Aromatic, Carminative, Digestive, Expectorant and Stomachic. Savory is said to be a Sovereign Remedy for Colic and a Cure for Flatulence. It is also used to Treat Nausea, Diarrhea, Bronchial Congestion, Sore Throats and Menstrual Disorders. A Sprig of the plant can be Rubbed onto Bee or Wasp Stings, brings Instant Relief.

The Savory's Essential Oil forms an Ingredient in lotions for the Scalp in cases of Incipient Baldness. An Ointment made from the Plant is used Externally to Relieve Arthritic Joints. The Essential Oil from the Flowering Shoots is used Extensively in Perfumery, giving a particular quality to the Fragrance. When Grown near Beans it Repels Insect Pests

A Herbal Tea prepared from the Herb is considered beneficial as an Expectorant and Cough Remedy. One very interesting use of the Tea in Europe is for Excessive Thirst in Diabetics.

Of Savory, Nicholas Culpeper wrote:

"being heating, drying, and carminative, expelling wind from the stomach and bowels, and are good for the asthma and other affections of the breast: they open obstructions of the womb, and promote the menstrual evacuations. The Winter Savory is much used in the kitchen. Neither is there a better remedy for the cholic and iliac passion, than this herb: keep it dry by you all the year, if you love yourself and your ease, and it is a hundred pounds to apenny if you do not: keep it dry, make conserves and syrups of it for your use; and withal, take notice that the summer kind is the best. They are both of them hot and dry, especially the summer kind, which is both sharp and quick in taste, expelling wind in the stomach and bowels, and is a present help for the rising of the mother procured by wind: provokes urine and women's courses, and is much commended for women with child to take inwardly, and to smell often unto. It cures tough phlegm in the chest and lungs, and helps to expectorate it the more easily; quickens the dull spirits in the lethargy, the juice thereof being snuffed up into the nostrils. The juice dropped into the eyes, clears a dull sight, if it proceed of thin

cold humours distilled from the brain. The juice heated with oil of roses, and dropped into the ears, eases them of the noise and singing in them, and of deafness also; outwardly applied with wheat flour, in manner of a poultice, it gives ease to the sciatica and palsied members, heating and warming them, and takes away their pains. It also takes away the pain that comes by stinging of bees, wasps."

It is said to have Mystical Properties promoting Sensuality, Sexuality, and Passion. It is supposed to be Good for Sexual Magic.

It does have some Contraindications as it should not be Prescribed for Pregnant Women.

The Saw Palmetto (*Serenoa Repens*):



Saw Palmetto was a Frequent Ingredient in the Conservative Remedies during the First Half of the 20th Century and was generally used as Moderate Diuretic and also as Remedies for Chronic Cystitis. Saw Palmetto Herb was also believed to be an Effective Therapy for Enlarged Prostates. Since Saw Palmetto is believed to possess a Very Active Substance called Volatile Oil, Medical Practitioners Raised Questions about its Efficiency and in 1950. After Several Year of Discredit, Saw Palmetto Surfaced again in 1998 when there were Promotional Campaigns Endorsing that Saw Palmetto was an Effective Shot in the Arm in Re-Growing Head Hair in Males. The Primary Reason behind this was because Saw Palmetto was found to be as Effective as Finasteride (Propecia) for Healing Benign Prostatic Hyperplasia as well as Hair Deficit.

The Fruit Pulp, or a Tincture, is given to those suffering from Wasting Disease, General Debility and Failure to Thrive. The Fruit also has a Beneficial Effect on the Urinary System helping to Reduce the Size of an Enlarged Prostate Gland and Strengthening the Neck of the bladder. The Saw Palmetto Fruit has a probable

Oestrogenic Action, it is prescribed in the Treatment of Impotence, Reduced or Absent Sex Drive and Testicular Atrophy in Men and to Stimulate Breast Enlargement in Women. The Fruit is also used in the Treatment of Colds, Coughs, Irritated Mucous Membranes, Chronic Catarrh, and Asthma.

It is taken Internally for the Treatment of Impotence, Debility in Elderly Men, Prostate Enlargement and Inflammation. It is also good for Treating Bronchial and Asthma Complaints associated with Coldness. Saw Palmetto is one of the few Western Herbs that are considered to be Natural Anabolic Steroids.

The Saw Palmetto Berries is a Tonic Herb that is used in the Treatment of Debility, Urinary Tract Problems and for Reducing Enlarged Prostate Glands. The Partially Dried Ripe Fruit is an Aphrodisiac, Urinary Antiseptic, Diuretic, Expectorant, and a Sedative.

A Suppository of the Powdered Fruits, in Cocoa Butter, has been used as a Uterine and Vaginal Tonic.

The Leaf Stems have been used in making Baskets. The Plant has been used to make Brushes and Cordage.

The Sea Buckthorn (*Hippophae Rhamnoides*):



The Twigs and Leaves are an Astringent and Vermifuge. The Tender Branches and Leaves contain the Active Ingredients which are used to produce an Essential Oil that is quite distinct from the Oil produced from the its Fruit. This Oil is used as an Ointment for Treating Burns. A High-Quality Medicinal Oil is made from the Fruit and used in the Treatment of Cardiac Disorders, it is also said to be particularly effective when applied to the Skin to Heal Burns, Eczema, Treating Psoriasis and Radiation Injuries. The Essential Oil is also taken Internally in the Treatment of Stomach and Intestinal Diseases. Gastric and Duodenal Ulcer, Allergies, Diarrhea, Rheumatism, can also be Treated by using Sea Buckthorn Essential Oil. It can also be used against Alcohol Dependency, Anemia, Asthenia and Stress.

The Fruit is an Astringent and used as a Tonic. The Freshly-Pressed Juice is used in the Treatment of Colds, Febrile Conditions, and Exhaustion. The Fruit is a very rich source of Vitamins and Minerals and is also a fairly good source of Essential Fatty Acids, which is fairly unusual for a Fruit. The Juice is also so Vitamin-Rich with Medicaments that it can be used as Cosmetic Preparations such as Face-Creams. Since it is good for Treating Gingivitis as well as Nutritional Oral Herb, it is used to make Toothpastes. A Decoction of the Fruit has been used as a wash to Treat Skin Irritation and Eruptions.

Sea Buckthorn is used effectively in Treating Liver Failures, improving the Detoxification of the Hepatic Cell. Sea Buckthorn is also good for treating Hypertension. Sea Buckthorn is also good for Treating Depressions, Parkinson Disease, Tumors, and Leukemia. Sea Buckthorn is also used in cases of Common Cold or Flu.

It is being Investigated as a Food that is capable of Reducing the Incidence of Cancer and also as a means of Halting or Reversing the growth of Cancers. It is also known for being providing Relief to Fibromialgia.

The Sea Salt (Sodium Chloride):





Here is another Mineral that I have decided to add to my E-Book on Herbology that I feel should be included due to its Positive Health Benefits.

The Refined Version of salt, which is commonly found as Table Salt Sold in Stores, is Stripped of many of the Trace Minerals that are included in Sea Salt. By using Sea Salt, the Body can receive the same Benefits Table Salt Offers as well as additional ones from those Unrefined Minerals found in Sea Salt. Sea Salt has Fewer Additives than Sea Salt. The Flavor of Sea Salt is slightly less pronounced than Table Salt because of the lack of these Additives. One of the Additives that Sea Salt lacks is Iodine, which is a Beneficial Supplement to Individual's Diet. The Lack of Iodine in Sea Salt is not a Significant Factor to someone with a Healthy Diet as other Foods will have the Iodine amounts that Sea Salt Lacks.

Sea Salt can be used in several ways to help the Circulatory System. It can be used for Individuals with Irregular Heartbeats as long as Sea Salt is not used in Excessive Amounts. It can help Regulate Blood Pressure and can reduce the Risk of Health Issues caused by High Blood Pressure, such as Heart Attacks.

Sea Salt Benefits the Respiratory System. It can be Mixed with Water to help clear the Lungs of Mucus Plugs and Phlegm. Sea Salt used this way is Especially Helpful for Patients with Cystic Fibrosis or Asthma. It can also help with Clearing Congested Sinus Cavities.

Taking a Sea Salt Bath can help reduce Risks of getting Skin Infections. Bathing in a Bath filled with Sea Salt can also serve as a Pain Reliever. The Sea Salt contributes to promote the Cells and Water to Exchange Minerals, then Releases Toxins from the Body to improve ones Health.

Sea Salt also helps to Balance of Electrolytes in the Human Body. It can also help improve Energy Level and Strengthen the Immune System. Overall, there are more than 100 Minerals in Sea Salt to help the Body.

The Self Heal (*Prunella Vulgaris*):



Basically Native to Europe, Self-Heal became Popular and Gained Importance when Military Doctors used the Herb not only to Cure Wounds, but also Treat Infectious Fevers that Plagued the Kaiser's Royal German Army during the period between 1547 and 1566. Self-Heal belongs to the Mint Family as it has a Similar Square Stem, but not the Aroma or Fragrance Associated with other Members of the Mint Family. In Ancient Times, the Barbs or Thorns of the Self-Heal Flowers were thought to look like the Throat. Hence, according to the Doctrine of Signatures Theory, Self-Heal was Extensively Used to Cure Mouth and Throat Inflammations. It can be Used Fresh or Dried, for Drying it is Best Harvested in Mid-Summer.

Self-Heal has a Long History of Folk Use, especially in the Treatment of Wounds, Ulcers, and Sores. It has been used Internally as a Tea in the Treatment of Fevers, Diarrhoea, Mouth Ulcers, and Internal Bleeding. The Whole Plant is an Alterative, Antibacterial, Antipyretic, Antiseptic, and a Antispasmodic. It is also used as an Astringent, Carminative, Diuretic, Febrifuge, and a Hypotensive. Not only that, it is used as a Stomachic, Tonic, Vermifuge, Vulnerary and for helping to Staunch the Flow of Blood from a Wound. Self-Heal has an Antibacterial Action, Inhibiting the Growth of Harmful Intestinal Bacterias and Parasites.

Chinese Herbal Medicine Practitioners use Self-Heal to Lower the Blood Pressure. It has also been recommended for the use of Treating Jaundice. Herbalists in China

recommend taking Self-Heal to Treat Fevers, Headaches, Dizziness as well as Vertigo.

Some Recent Research Conducted on Self-Heal is said to have shown signs of Remedies prepared from the Herb's Extract helps to slow down the Cell Division in HIV.

Of the Self-Heal, Nicholas Culpeper wrote:

"It is a special herb for inward and outward wounds. Take it inwardly in syrups for inward wounds: outwardly in unguents, and plaisters for outward. As Self-heal is like Bugle in form, so also in the qualities and virtues, serving for all the purposes whereto Bugle is applied to with good success, either inwardly or outwardly, for inward wounds or ulcers whatsoever within the body, for bruises or falls, and such like hurts. If it be accompanied with Bugle, Sanicle, and other the like wound herbs, it will be more effectual to wash or inject into ulcers in the parts outwardly. Where there is cause to repress the heat and sharpness of humours flowing to any sore, ulcers, inflammations, swellings, or the like, or to stay the fluxes of blood in any wound or part, this is used with some good success; as also to cleanse the foulness of sores, and cause them more speedily to be healed. It is an especial remedy for all green wounds, to solder the lips of them, and to keep the place from any further inconveniencies. The juice hereof used with oil of roses to anoint the temples and forehead, is very effectual to remove head ache, and the same mixed with honey of roses, cleanses and heals all ulcers, in the mouth, and throat, and those also in the secret parts."

The Senega Snakeroot (Polygala Senega):



Senega Snakeroot was used by the North American Indians in the Treatment of Snake Bites and has been found of use in the Treatment of various Respiratory Problems including Pleurisy and Pneumonia. It was used for Earaches, Toothaches, Sore Throats, Croup and Colds. The Root is Antidote, Cathartic, Diaphoretic, Diuretic, Emetic, Expectorant, and a Stimulant. It is of little value when the Expectoration is Tough and Scanty, but very helpful in Chronic Pneumonia or Bronchitis or Dropsy dependent on

Renal Disease.

Its Main Use today is as an Expectorant in Cough Syrups, Teas and Lozenges, and as a Gargle for Sore Throats. It has also been used in larger doses as an Emetic and Cathartic. It is also a Stimulant, Tonic and Diaphoretic, properties resembling those of Valerian and Cascarilla. As it stimulates most of the Secretions, it is also useful as an Emmenagogue.

It does have some Contraindications as Doses that are Too Large causes Nausea, Gripping Pains in the Bowels, sometimes Vomiting and Dysenteric Tenesmus.

The Silver Birch (*Betula Alba*):



A Well Known Member of the Catkin Family of Trees, Recognized Particularly for its Silvery-White Bark, Peeling Off in Layers, along with its Slender Drooping Branches. The Leaves are Broadly Ovate, Tapering to a Fine Point. Various Parts of the Birch Tree have been Applied to Medicinal Uses. The Bark is usually obtained from Trees that have been Felled for Timber and can be Distilled at any time of the Year. The Young Shoots and Leaves Secrete a Resinous Substance having Acidic Properties, which, combined with other Herbs and is said to be a Tonic Laxative.

The Silver Birch's Inner Bark, when Cooked or Dried and Ground into a Meal. It can be added as a Thickener to Soups or Mixed with Flour for making Bread, Buns or Biscuits. Inner Bark is generally only seen as a Famine Food, used when other forms of Starch are not available or are in Short Supply. The Bark is used to make Drinking Vessels, Canoe Skins, or Roofing Tiles. It is Waterproof, Durable, Tough and Resinous. Only the Outer Bark is Removed, this does not Kill the Tree. It is most easily removed in Late Spring to Early Summer.

The Silver Birch is an Anti-Inflammatory, Cholagogue, and Diaphoretic. The Bark is a Diuretic and an Laxative. An Oil obtained from the Inner Bark is an Astringent and is used in the Treatment of Various

Skin Afflictions, especially for Eczema and Psoriasis. The Inner Bark is Bitter and an Astringent, and it is used in Treating Intermittent Fevers.

The Vernal Sap is Diuretic. The Buds are Balsamic. The Young Shoots and Leaves Secrete a Resinous Substance which has Acid Properties. The Leaves also contain Phytosides, which are Effective Germicides. An Infusion of the Leaves is used in the Treatment of Gout, Dropsy and Rheumatism, and is recommended as a Reliable Solvent of Kidney Stones. The Young Leaves and Leaf Buds are Harvested in the Spring and Dried for later use. A Decoction of the Leaves and Bark is used for Bathing Skin Eruptions.

Of the Silver Birch, Nicholas Culpeper referred to it as "The Birch Tree" and wrote of it: "the juice of the leaves, while they are young, or the distilled water of them, or the water that comes from the tree being bored with an auger, and distilled afterwards; any of these being drank for some days together, is available to break the stone in the kidneys and bladder and is good also to wash sore mouths."

The Skullcap (*Scutellaria Lateriflora*):



Skullcap is an Herb that Grows Uncultivated in the Marshy Lands of Canada as well as in the Northern and Eastern Parts of the United States. The Herb is also found in other parts of the Globe, including Southeast Asia. Skullcap has Double-Colored Flowers that are Blue and Light Purple. The Skullcap is known by Different Names at different places and the most common among them are Hoodwort, Helmet Flower as well as the Mad-Dog that has been included in the American Herbal Medicine List since 1773. Very Little Research has been carried out on this Species, despite its long use in American and British Herbal Medicine. They are Harvested in early Summer and Dried for later use.

A commonly used Herbal Medicine, Skullcap is a very effective Nervine. Its Tonic and Restorative Properties help to Support and Nourish the Nervous System, Calming and Relieving Stress and



Anxiety. It is used in the Treatment of Various Problems of the Nervous System including Epilepsy, Insomnia, Anxiety, Delirium, Withdrawal Symptoms from Barbiturates & Tranquillizers, and Neuralgia. In Nervous Headaches, Neuralgia and in Headaches arising from Incessant Coughing and Pain. Many cases of Hydrophobia have been Cured by this Remedy Alone. The Leaves are also an Antispasmodic, Slightly Astringent, and Diuretic.

Among other uses, the Skullcap Herb is known to be beneficial in Lowering High Body Temperatures, aid in Absorption of Food intakes as well as rouse the Operation of the Liver. Skullcap is also Beneficial in Healing Diseases like Arthritis as it has Anti-Inflammatory Properties. Skullcap has been Traditionally used to Heal Patients suffering from Venomous Snake and Insect Stings.

An infusion of the Herb has been used to Promote Suppressed Menstruation, Relieve Breast Pain and Encourage Expulsion of the Placenta, it should not be given to Pregnant Women since it can induce a Miscarriage.

This Herb has some Contraindications as when this Herb is used in Excess it causes Giddiness, Stupor, Confusion and Twitching.

The Slippery Elm (*Ulmus Fulva*):



Indigenous to North America, Slippery Elm Trees Normally Breed in Damp Forests in the United States as well as in the Eastern Parts of Neighboring Canada. Migrating Planters from England have been familiar with various other varieties of Elm Tree Barks and used them to Cure Coughs and Sore Throats back home in Europe. Slippery Elm Bark is a Widely Used Herbal Remedy and is considered to be one of the Most Valuable of Remedies in Herbal Practice.

It is a Gentle and Effective Remedy for Irritated States of the Mucous Membranes of the Chest, Urinary

Tubules, Stomach and Intestines. The Inner Bark contains Large Quantities of a Sticky Slime that can be Dried to a Powder or made into a Liquid. The Inner Bark is Harvested in the Spring from the Main Trunk and from Larger Branches, it is then Dried and Powdered for use as required. Ten Year Old Bark is said to be best. Fine Grades of the Powder are best for Internal Use. Its Abundant Mucilage it contains have Wonderfully Strengthening and Healing Qualities. Slippery Elm Mucilage is also prescribed as a Remedy for the Expulsion of Tapeworm.

It used to be Frequently Used as a Food that was a Nutritive Tonic for the Old, Young and those in convalescence. The Bark has been used as an Antioxidant to prevent certain Fats from going Rancid. Elm Food gives Excellent Results in Gastritis, Gastric Catarrh, Mucous Colitis and Enteritis, being Tolerated by the Stomach when all other Foods Fail, and is of Great Value for helping Bronchitis, Bleeding from the Lungs and Soothing a Cough.

The Inner Bark is a Demulcent, Diuretic, Emollient, Expectorant, and Nutritive. It has a Soothing and Healing Effect on All Parts of the Body that it comes into contact with and is used in the Treatment of Sore Throats, Indigestion, Digestive Irritation, Heart Burn, and Stomach Ulcers.

Coarse Grades are Better Suited to Poultices which are Applied Externally to Fresh Wounds, Burns and Scalds. In Old Gangrenous Wounds, an Excellent Antiseptic Poultice is prepared by Mixing with Warm Water or an Infusion of Wormwood, equal parts of Slippery Elm Powder and Very Fine Charcoal and Applying Immediately over the Part.

The North American Native Aborigines have long used the Slippery Elm's Viscous Inner Bark to prepare a Healing Salve and used as one of the Best Possible Poultices for Wounds, Boils, Ulcers, Burns and all Inflamed Surfaces, Soothing, Healing and Reducing Pain and Inflammation. The Indigenous Inhabitants of America also effectively used the Barks of Slippery Elm for Treating Mouth Ulcers as well as Boils. The Bark of Slippery Elm Tree has been Traditionally used as a Ointment to Heal External Cuts and Bruises as well as Joint Pains Resulting from Gout or other problems. The Slippery Elm Salve is also useful for Healing Burns, Scalds, as well as Skin Ulcers.

Slippery Elm Bark possesses also Great Influence upon Diseases of the Female Organs but it does have a Contraindication as the Whole Bark, including the Outer Bark, has been used as a Mechanical Irritant to Abort Fetuses. It is because of this that its use for this sort of thing has been Banned in Several Countries.

The Plant is also part of a North American Formula called Essiac which is a Popular Treatment for Cancer. Its Effectiveness has never been Reliably Proven or Disproven since Controlled Studies have not been carried out.

A Pinch of the Slippery Elm Powder put into a Hollow Tooth Stops the Ache and Greatly Delays Decay, if used as soon as there is any Sign of Tooth Decay.

And Infusion of Slippery Elm is good for Treating Typhoid fever.

An Enema of Slippery Elm Infusion is good for Treating Diarrhoea.

The Soapwort (*Saponaria Officinalis*):



The Root is Harvested in the Spring and can be Dried for later use. The early European Settlers in America brought soapwort from their Native Land to use as a Source of Soap. A type of Soap can be obtained by Boiling the Whole Plant (but especially the Root) in Water. It is a Gentle Effective Cleaner, used especially on Delicate Fabrics that can be harmed by Modern Synthetic Soaps (it has been used to clean the Bayeaux Tapestry). It effects a Luster on the Fabric. Soapwort is sometimes recommended as a Hair Shampoo, though it can cause Eye Irritations.

Soapwort's main medicinal use is as an Expectorant. Its strongly Irritant Action within the stomach is thought to Stimulate the Cough Reflex and increase the production of a more Fluid Mucus within the Respiratory Passages. The Whole Plant, but especially the Root, is an Alterative, an Atiscrophulatic, a Cholagogue, a Depurative, and a Diaphoretic. It is Mildly Diuretic, a Purgative, and Tonic.

A Decoction of the Whole Plant can be Applied Externally to treat Itchy Skin. The Plant has proved of use in the Treatment of Jaundice and other Visceral Obstructions. Externally it is used to Cure Skin Problems like psoriasis, Eczema, Acne and even Boils. A Decoction prepared with Soapwort's Roots or its Extract is a common and widely used as a Medication to Cure Poison Ivy or Itching Rashes caused by any Vine.

One of the Saponins Molecules in Soapwort is proving of interest in the Treatment of Cancer, as it is Cytotoxic to the Walker Carcinoma Cancer Cell.

Of Soapwort, Nicholas Culpeper wrote:

"Venus owns this plant. The whole plant is bitter; bruised and agitated with water it raises a lather like soap, which easily washes greasy spots out of cloths: a decoction of it, applied externally, cures the itch. The Germans make use of it, instead of sarsaparilla, for the cure of venereal disorders. In fact it

cures virulent gonorrhœas, by giving the inspissated juice of it to the amount of half an ounce daily. It is accounted opening and attenuating, and somewhat sudorific, and by some commended against hard tumours and whitlows, but it is seldom used."

It does have a Major Contraindication. When taken in excess, it Destroys Red Blood Cells and causes Paralysis of the Vasomotor Centre. It is rarely used Internally in Modern Herbalism due to its Irritant Effect on the Digestive System.

The Sorrel (*Rumex Acetosa*):



Of the Two Kinds of Sorrel Cultivated for use as Vegetables or Salads, the Garden Sorrel, is an indigenous English Plant, common, too in the greater part of Europe, in almost all Soils and Situations. Dark Green to Brown and Dark Grey Dyes can be obtained from the Roots. A Grey-Blue Dye is obtained from the Leaves and Stems. An Infusion of the Stems is used as a Polish for Bamboo and Wicker Furniture and also for Silver. The Juice of the Plant removes Stains from Linen and also Ink Stains.

Fresh or Dried, Sorrel Leaves are an Astringent, a Diuretic, a Laxative and a Refrigerant. They are used to make a Cooling Drink in the Treatment of Fevers and are especially useful in the Treatment of Scurvy. An Infusion of Sorrel Root is a Diuretic and Helps to promote Clotting of the Blood. Both the Roots and the Seeds have been used to stem Haemorrhages.

The Leaf Juice, mixed with other Native Herbs, has been used as a Cure for Itchy Skin and Ringworm. It has been used in the Treatment of Jaundice, Gravel and Kidney Stones. A Decoction of the Flowers, made with Wine, was said to also Cure Jaundice as well as Ulcerated Bowels. Sorrel Juice is also a Purifier and Aids in Digestion.

A Paste of the Root is applied to set Dislocated Bones and is also used in the Treatment of Spasms and



Skin Ailments. A Ointment made from Burnt Alum, Citric Acid, and Juice of Sorrel is good for Treating Tuberculosis of the Lymph Nodes in the Neck and Cutaneous Tumor Growths of the Skin.

Of Sorrel, Nicholas Culpeper wrote:

"Sorrel is prevalent in all hot diseases, to cool any inflammation and heat of blood in agues pestilential or choleric, or sickness or fainting, arising from heat, and to refresh the overspent spirits with the violence of furious or fiery fits of agues: to quench thirst, and procure an appetite in fainting or decaying stomachs: For it resists the putrefaction of the blood, kills worms, and is a cordial to the heart, which the seed doth more effectually, being more drying and binding.... Both roots and seeds, as well as the herb, are held powerful to resist the poison of the scorpion. . . . The leaves, wrapt in a colewort leaf and roasted in the embers, and applied to a large imposthume, botch boil, or plague-sore, doth both ripen and break it. The distilled water of the herb is of much good use for all the purposes aforesaid."

It does have some Contraindications. Sorrel Leaves should not be Eaten in Large Amounts since the Oxalic Acid that it contains can Lock-Up other Nutrients in the Food, especially Calcium, thus causing Mineral Deficiencies. The Oxalic Acid content will be reduced if the Plant is Cooked. So People with a tendency to Rheumatism, Arthritis, Gout, Kidney Stones or Hyperacidity should take especial caution if including this Plant in their Diet since it can Aggravate their Condition.

The Southernwood (*Artemisia Abrotanum*):



Strongly Aromatic Shrubby Perennial Growing to 1 m. Southernwood has Woody Stems and Feathery Silver Green Leaves, and Yellow Flowers. Much prized during the Middle Ages and the Renaissance, Southernwood is now used infrequently in Herbal Medicine. The Closely Related Wormwood is considered Superior.



Southernwood has a Long History of Domestic Herbal use, though it is now used infrequently in Herbal Medicine. It is a Strongly Aromatic Bitter Herb that Improves Digestion and Liver Function by Increasing Secretions in the Stomach and Intestines, it Stimulates the Uterus and Encourages Menstrual Flow, Lowers Fevers, Relaxes Spasms and Destroys Intestinal Worms.

The Herb, and especially the Young Flowering Shoots, is An Anthelmintic, Antiseptic, Cholagogue, and Deobstruent. It is also an Emmenagogue, Stomachic and Tonic. The main use of the Southernwood is that it is an Emmenagogue, though it is also a Good Stimulant Tonic and has some Nervine Principle. It is sometimes given to Young Children in order to Expel Parasitic Worms.

Externally it is applied to Small Wounds in order to stop them Bleeding and help them to Heal. The Herb is also used Externally in Aromatic Bathes and as a Poultice to Treat Skin Conditions.

Of the Southernwood, Nicholas Culpeper wrote:

"taken in wine is an antidote, or counter-poison against all deadly poison, and drives away serpents and other venomous creatures; as also the smell of the herb, being burnt, doth the same. The oil thereof anointed on the back-bone before the fits of agues come, takes them away. It takes away inflammations in the eyes, if it be put with some part of a roasted quince, and boiled with a few crumbs of bread, and applied. Boiled with barley-meal it takes away pimples, pushes or wheals that arise in the face, or other parts of the body. The seed as well as the dried herb, is often given to kill the worms in children. The herb bruised and laid to, helps to draw forth splinters and thorns out of the flesh. The ashes thereof dries up and heals old ulcers, that are without inflammation, although by the sharpness thereof it bites sore, and puts them to sore pains; as also the sores in the privy parts of man or woman. The ashes mingled with old sallad oil, helps those that have hair fallen, and are bald, causing the hair to grow again either on the head or beard. It is a powerful diuretic, and good in hysteric complaints; for this purpose, the best way of taking it is in a conserve, made with the young tops, and twice their weight of sugar. A strong decoction of the leaves is a good worm medicine, but it is a very disagreeable and nauseous one. The leaves are likewise a good ingredient in fomentations for easing pain, dispersing swellings, or stopping the progress of gangrene."

The Southernwood does have some Contraindications as it should not be Prescribed for Pregnant Women, especially in the First Trimester of Pregnancy, since it can Encourage Menstrual Flow. Skin Contact with some members of this Genus can cause Dermatitis or other Allergic Reactions in some People.

### The Soy Bean (*Glycine Max*):



Originally grown in Asia for more than 5,000 years, Soybeans are members of the PULSE Plant Family, Native to Tropical and Warm Temperate Regions. From about the 1st Century AD to the Age of Discovery (15 to 16th Centuries), Soybeans were introduced into several Countries and Land Races developed in Japan, Indonesia, the Philippines, Vietnam, Thailand, Malaysia, Burma, Nepal and North India. The Trade of Soybean throughout this period was due to the establishment of Sea and Land Trade Routes such as the Silk Road. The earliest Japanese reference to the Soybean is in the Classic Kojiki (Records of Ancient Matters) which was completed in 712 AD.

The Soybean reached Europe quite late. It must have reached the Netherlands before 1737 as Linnaeus described the Soybean in the Hortus Cliffortianus which was based on plants cultivated in the garden at Hartecamp. In 1739, Soybean Seeds imported in by missionaries in China were planted in the Jardin des Plantes, Paris, France. In 1790, Soybeans were planted at the Royal Botanic Garden at Kew, England and in 1804 they were planted near Dubrovnik, Yugoslavia. In the Netherlands, France and England the Soybeans were grown for Taxonomic or Display purposes. However, the Soybeans grown in Yugoslavia were Harvested, Cooked, Mixed with Cereal Grain and then fed to Chickens for

increased Egg Production.

Old Chinese Herbals suggest that the Soybean was a specific remedy for the proper functioning of the Bowels, Heart, Kidney, Liver, and Stomach. A Decoction of the Root is said to be Astringent. The Meal and Flour are used to prepare Diabetic Foods due to the small amount of Starch contained therein. Soybean Diets are valued for Acidosis. Since Soybean Oil has a High Proportion of Unsaturated Fatty Acid and is recommended to combat Hypercholesteremia. Commercial grades of Natural Lecithin, often derived from Soybean, are reported to contain a Potent Vasodepressor. Medicinally Lecithin is indicated as a Lipotropic Agent. Soybean is listed as a major starting material for Stigmasterol, once known as an Antistiffness factor. Sitosterol, also a Soy Byproduct, has been used to replace Diosgenin in some Antihypertensive Drugs.

Lecithin is a wonderful Ingredient to add to your Culinary and Body Care Recipes. It contains many Beneficial Properties, and is used as an Emulsifier, Thickener, Stabilizer, Mild Preservative, Moisturizer, and Emollient. Lecithin can be utilized in almost any Recipe, and is commonly found in both Food and Cosmetic products. Cosmetically, it may be added to Moisturizers, Makeup, Shampoos, Conditioners, Body Washes, Lip Balms, and many other products. It is a great alternative to other Emulsifying and Stabilizing Agents.

The Seeds Fermented into Soya Sauce, is a Weak Diaphoretic and Stomachic. It is used in the treatment of Fevers, Headaches, Insomnia, Irritability and a Stuffy Sensation in the Chest. The Bruised Leaves are applied to Snakebites. The Flowers have been used in the treatment of Blindness and Opacity of the Cornea. The Ashes of the Stems are applied to Granular Hemorrhoids or Fungus Growths on the Anus. The Immature Seedpods are chewed to a Pulp and applied to Corneal and Smallpox Ulcers. The Seed Sprouts are Constructive, Laxative and Resolvent. They are used in the treatment of Oedema, Dysuria, Chest Fullness, Decreased Perspiration, the initial stages of Flu and Arthralgia. A Decoction of the Bark is Astringent. Consumption of Soy and Soya Sauce Improves Memory and Cognitive Functions, helps Menopause and post-menopausal conditions since it contains estrogen like compounds, Enhances Poor Nutrition and Anemia. It helps Neurologic Disorders, improves Cardiovascular Health and Improves Energy & Physical Performance. Soya Sauce is an Emollient where it assists with the absorption of Vitamins A, D, E, and K. It helps with Psoriasis, Relieves Gallstones.

Mature Seeds furnish one of the World's most important sources of Oil and Protein. Unripe Seeds are eaten as a Vegetable and Dried Seeds, Eaten Whole, Split or Sprouted. Processed they give Soy Milk, a valuable Protein supplement in Infant Feeding. Soya Sauce is an ingredient in other Sauces.

Soy Bean have one Contraindication and that is the Raw Mature Seed is Toxic and must be thoroughly Soaked and Cooked before being Eaten.

The Spinach (*Spinacia Oleracea*):



Although it does not make you Big and Strong as depicted in the Popeye Cartoons, Spinach is relatively Rich in Nitrogenous Substances, in Hydrocarbons, and in Iron. It is thus more Nourishing than other Green Vegetables. It is a valuable part of the Diet for People who are suffering Anemia. Not only is Spinach good for Anemia because of its Iron Content, but also for its Chlorophyll. Chlorophyll is known to have a Chemical Formula remarkably similar to that of Hemoglobin, and it is stated that the Ingestion of Chlorophyll will raise the Hemoglobin of the Blood without increasing the Formed Elements.

But of Herbal Medicinal Benefits, Spinach has relatively few.

Of Spinach, Nicholas Culpeper wrote:

It is more used for food than medicine, being a good boiled sallad, and much eaten in the spring, being useful to temper the heat and sharpness of the humours; it is cooling and moistening, diuretic, and rendersthe body soluble.

### The Stinging Nettle (*Urtica Dioica*):



The Common Stinging Nettle is distributed throughout the Temperate Regions of Europe and Asia and is not only found in Japan, but also in South Africa and Australia and in the Andes. The Stinging Nettle Flowers from June to September. The Stem attains a height of 2 to 3 feet. Its Perennial Roots are Creeping, so it multiplies quickly causing it to become a Problem Invasive Plant. The Whole Plant is covered with Stinging Hairs. Each Sting is a Very Sharp Polished Spine which is Hollow Base. In this Base of the Sting is contained the Venom. When, in Consequence of Pressure, the Sting Pierces the Skin causing the resultant Irritation and Inflammation. The Stinging Nettle's Fibres are very similar to that of Hemp or Flax, and it was used for the same purposes, from making Cloth of the Finest Texture such as sailcloth, sacking, cordage, etc. In Hans Andersen's fairy-tale of the Princess and the Eleven Swans, the Coats she wove for them were made of Nettles. For its Medicinal Benefits it is best for the Whole Herb be Harvested in May and June before coming into Flower.

The Young Nettle Shoots are Very Edible, and these are often Cooked to make Delicious Herbal Dishes. Moreover, their content of Important Compounds is High and the Shoots may approximately provide the same amounts of Carotene, Vitamin A and the Vitamin C as Vegetables like the Spinach.



Stinging Nettle is regarded in Homoeopathy as a useful Remedy. Preparations of the Herb have Astringent Properties and act also as a Stimulating Tonic. A Tea made from the Leaves has Traditionally been used as a Blood Purifier so the Stinging Nettle is often used in the Treatment of Hay Fever, Anaemia. The Whole Plant is Antiasthmatic, Antidandruff, Depurative, Diuretic, Galactagogue, Haemostatic, and Hypoglycaemic. An Infusion of the Plant is Valuable in Stopping Internal Bleeding. It is also used to Treat Excessive Menstruation, Haemorrhoids, Skin Complaints such as Eczema and as a Lotion for Burns.

The Herbal Remedies made from the Stinging Nettles are also effective in aiding in the excretion of Accumulated Uric Acid. It is for this reason the Stinging Nettle is an Excellent Remedy for the Treatment of Gout and Severe Arthritis and Rheumatism as well as in the Treatment of Various Skin Problems affecting Patients. When applied Externally, Stinging Nettle is good for Chickenpox and Bruises.

The Stinging Nettle Seeds, taken inwardly, were Recommended for the Stings or Bites of Venomous Creatures and Mad Dogs, and as an Antidote to Poisoning by Hemlock, Henbane and Nightshade. The Seeds and Flowers used to be given in Wine as a Remedy for Ague. The Powdered Seeds have been considered a Cure for Goitre and Efficacious in reducing excessive Corpulency.

A good Nettle Hair Lotion is also Prepared by Boiling the Entire Plant in Vinegar and Water, Straining and Adding Eau de Cologne. For Stimulating Hair Growth, the Old Herbalists recommended Combing the Hair Daily with expressed Nettle Juice.

An Extract made from the Roots of the Stinging Nettle has been used for the Treatment of Urinary Retention arising as a result of disorders such as a Benign Prostate Hypertrophy - which is the Enlargement of the Prostate Gland.

Stinging Nettle is an Anti-Asthmatic with the Juice of the Roots or Leaves, mixed with Honey or Sugar, will relieve Bronchial and Asthmatic Troubles and the Dried Leaves Burnt and Inhaled having the same effect.

Herbal Remedies Derived from the Stinging Nettle have also been used as Expectorants, in an Anti-Spasmodic Role, as a Diuretic, as an Astringent, and as an Herbal Tonic for Overall Health.

Preparations of Stinging Nettle are said to act well upon Incipient Dropsy may be Remedied by a Herbal Tea made from the Roots.

Stinging Nettle is also used in the Treatment of Various Bladder Infections and in the Destruction of Stones and Gravel in the Body.

Of the Stinging Nettle, Nicholas Culpeper wrote:

"This is also an herb Mars claims dominion over. The roots or leaves boiled, or the juice of either of them, or both made into an electuary with honey and sugar, is a safe and sure medicine to open the pipes and passages of the lungs, which is the cause of wheezing and shortness of breath, and helps to expectorate tough phlegm, as also to raise the imposthomed pleurisy; and spend it by spitting; the same helps the swelling of the almonds of the throat, the mouth and throat being gargled therewith. The juice is also effectual to settle the palate of the mouth in its place, and to heal and temper the inflammations and soreness of the mouth and throat. The decoction of the leaves in wine, being drank, is singularly good to provoke women's courses. The seed being drank, is a remedy against the stinging of venomous creatures, the biting of mad dogs, the poisonous qualities of hemlock, henbane, n nightshade, mandrake. The seed or leaves bruised, and put into the nostrils, stays the bleeding of them. An ointment made of the juice, oil, and a little wax, is singularly good to rub cold and benumbed members.

St. John's Wort (*Hypericum Perforatum*):



Also known as Tipton's weed, Klamath Weed and Goat Weed, it has been introduced across the globe, especially to North America. This Herb derived its name "St. John's Wort" because it bears Golden Yellow Blossoms that appear in abundance particularly on June 24th, which is commonly believed to be the birthday of John the Baptist. The Flowering Shoots are Harvested in Early Summer and Dried for later use.

It is used as an Antiseptic, Antispasmodic, Aromatic, an Astringent, a Resolvent, and a Nervine. Used for all Pulmonary Complaints, Incontinence caused by Bladder Troubles, and is an Anti-Diuretic. For Children troubled with Incontinence of Urine at night an Infusion given before Retiring will be found Effectual.

It also good for Nervous Conditions such as Hysteria, Restlessness and Depression. St. John's Wort helps in Easing Stress and Apprehension as well as improving the Mood of an Individual. This Herb is regarded to be especially Beneficial to treat poignant problems faced by Women during in their Courses and getting through Menopause.

It is good for Intestinal Problems such as Gastroenteritis, Dysentery, Worms, Diarrhea and Curing Peptic Ulcers. It is used to Treat Haemoptysis and other Haemorrhages as well as Jaundice. St. John's Wort has proved to be helpful

in treating Painful Conditions like Arthritis and Gout.

St. John's Wort is also an Expectorant and helps to Clear Phlegm from the Chest. It is useful for Recuperating from conditions such as Chest Infections and Coughs. Among its other Medicinal Benefits, St. John's Wort also possesses Anti-Bacterial and Anti-Viral Properties, is effective in combating Tuberculosis (TB) and Influenza A.

An Extract of the Flowers of St. John's Wort blended with Olive Oil turns Reddish when it is left in the Sunlight for a number of Weeks. It is applied Topically to alleviate Symptoms of Inflammation as well as facilitate the Curative Process. The Oil is extremely effective in Treating Hemorrhoids. Essential Oil of St. John's Wort is often recommended to treat Painful Nerves Conditions such as Trigeminal Neuralgia, the Painful Hip Condition called Sciatica, Back Pain, Joints Soft Tissue Pains, Shingles, Headaches as well as Rheumatic Pain. The St. John's Wort Herbal Essential Oil helps to Cures Burns, Lesions, Cuts, as well as Soothing Inflammation.

Use the plant with Caution and Do Not Prescribe it for Patients with Chronic Depression. The Plant was used to procure an Abortion by some Native North Americans, so it is best not used by Pregnant Women.

### The Stone Root (*Collinsonia Canadensis*):



The Stone Root is a Perennial Herb Growing up to 4 feet tall, with a Single Erect Square Stem. It has Oval Toothed Leaves that Grow in Opposite Pairs along the Stem which culminates in a Cone Shaped Branched Cluster of Small Tubular Light Yellow Flowers which have a Strong Lemony Smell. The name "Stone Root" refers either to the Plant's Knobby Stone Hard Rhizome. The Stone Root's Leaves and Rhizome were made into Herbal/Medicinal Teas, Washes and Lotions and is used for Cuts and Wounds by Generations of American Aborigines and Pioneering European Settlers in the Mountains of Virginia, the Carolinas, Kentucky, and Tennessee.

A Tea made from the Roots is Strongly Diuretic and is Valuable in the Treatment of all Problems of the Urinary System, the Rectum and is used in the Treatment of Piles, Indigestion, Diarrhoea, Constipations, and Kidney Stones. It has proved of Benefit in the Treatment of Irritable Bowel Syndrome, Hemorrhoids, Mucous Colitis

and Varicose Veins. The Root is seldom used on its own but is contained in Remedies with other Herbs. The Roots contain more than 13,000 parts per Million of Rosmarinic Acid, the same Anti-Oxidant that is found in Rosemary. A Decoction of the Fresh Root has been given in Catarrh of the Bladder, Leucorrhea, Gravel and Dropsy.

The Whole Plant, but especially the Fresh Root, is an Alterative, Antispasmodic, Diaphoretic, and a Diuretic. It is also a Sedative, Tonic, Vasodilator and a Vulnerary as well.

While the Fresh Leaves are Strongly Emetic, a Poultice of the Leaves as well as Roots can be Applied to Burns, Bruises, Sores, and Sprains.

The Stone Root does have a Major Contraindication as even Minute Doses of the Fresh Leaves can cause Vomiting, though the Root is Well Tolerated by the Body.

The Strawberry (*Fragaria Vesca*):



Eating Strawberries also helps to Detoxify the Body, owing to the fact that Strawberries help Eliminate Toxins through Urination, Sweat and Faeces. It is recommended to consume Wild Strawberries in the morning a Big Helping of Wild Strawberries because the Detoxifying Effect is Strongest while the subject is awake in the Morning. Wild Strawberries act as a Laxative, a Diuretic, and an Astringent. Both the Leaves and the Fruit have been known to have Good Medicinal Benefits back in early times, though the Leaves were mostly used. Mixed up with Honey, Wild Strawberries have a Laxative effect Healing Constipation. The Fruit contains Malic and Citric Acids, Dextrose, Mucilage, Pectin, Woody Fibre and Water. It is easily Digested. The Fruit is good for Treating Fevers. Strawberries are also known for being good for controlling the Symptoms of Rheumatism.

Wild Strawberry's Roots make a good Astringent and used in treating Diarrhea. The Leaves have the same properties, and a Tea made from them helps to check Dysentery. The Strawberry is a useful Dentifrice and Cosmetic. The Fresh Fruit removes Discoloration of the Teeth if the Juice is allowed to remain on for about five minutes and the Teeth are then Cleansed with Warm Water, to which a pinch of Bicarbonate of Soda has been added. A Cut Strawberry rubbed over the Face immediately after Washing will Whiten the Skin and treats the affects of a Mild Sunburn. For a Badly Sunburnt Face it is recommended to rub the Juice well into the Skin, and then to leave it on for half an hour, and then Wash Off with Warm Water to which a few drops of simple Tincture of Benzoin have been added; No Soap should be used. If there is no allergic reaction, the Wild Strawberry has an excellent effect in the treatment of Skin Diseases such as Acne, Dermatitis and Psoriasis, catalyzing the Healing processes. Wild Strawberry represents an Elixir that helps to prevent Age Related Wrinkles. Plasters of Mashed Strawberries used for Face Treatments have an Excellent Effect even in the cases of People who have Faded Complexions.

Strawberries are recommended during the Summer in order to increase the resistance to High Temperatures. Eating Strawberries has a Cooling Effect and it stimulates the Nervous System, acting against Heat Related Fatigue which appear during Hot Periods. It is best if 3 Cups of Strawberry Juice is drank per day.

Wild Strawberry's Juice is recommended in treating Liver Disorders such as Hepatitis, Chronic Hepatitis and Cirrhosis. The Juice stimulates Liver activity and encourages the renewal of Hepatic Cells and Tissue. Diabetes, Goutiness, High Cholesterol levels and Arteriosclerosis can be Prevented and Alleviated with Treatments with Wild Strawberry.

Of Strawberries, Nicholas Culpepper wrote:

"Venus owns the herb. Strawberries, when they are green, are cool and dry; but when they are ripe, they are cool and moist. The berries are excellently good to cool the liver, the blood, and the spleen, or an hot choleric stomach; to refresh and comfort the fainting spirits, and quench thirst. They are good also for other inflammations; yet it is not amiss to refrain from them in a fever, lest by their putrifying in the stomach they increase the fits. The water of the Berries carefully distilled, is a sovereign remedy and cordial in the panting and beating of the heart, and is good for the yellow jaundice. The juice dropped into foul ulcers, or they washed therewith, or the decoction of the herb and root, doth wonderfully cleanse and help to cure them. Lotions and gargles for sore mouths, or ulcers therein, or in the privy parts or elsewhere, are made with the leaves and roots thereof; which is also good to fasten loose teeth, and to heal spungy foul gums."

Strawberries do have a Contradiction as care should be taken when using Strawberries as a Herbal Treatment, however, as some People have Allergies to Strawberries.

The Sundew (*Drosera Rotundifolia*):





The Sundew is a Perennial Herbal Plant Growing up to 8 inches tall. It has a Round, Dish-Shaped, Long Stalked Leaf that Grows in a Rosette and are covered with Glandular Hairs that Secrete a Sticky Sap that Attracts and Snares Small Insects. The Sap contains a Powerful Digestive Juice that changes the Protein in the Insect into a Substance Absorbable by the Plant through the surface of the Leaves. The Sundew Herb has a Long History of Herbal Use, having been popular for its Fortifying and Aphrodisiac Effects. This Herbal Plant has become Quite Rare and so it should not be Harvested from the Wild. The Sundew Herbal Plant is Harvested in the Summer and can be Dried for later use. Internal use of this Herb causes a Harmless Colouring of the Urine.

The Sundew Herb relaxes the Muscles of the Respiratory Tract, easing Breathing and Relieving Wheezing and so is of great value in the Treatment of Various Chest Complaints. The Flowering Plant is an Antibacterial, Antibiotic, Antispasmodic, Antitussive, Demulcent, Expectorant and Hypoglycemic. The Sundew Herbal Plant is used with advantage in the Treatment of Whooping Cough, exerting a Peculiar Action on the Respiratory Organs. It is also used in the Treatment of Incipient Phthisis, Chronic Bronchitis and Asthma.

The Entire Fresh Herbal Plant is Harvested when it is starting to Flower, is used to make a Homeopathic Remedy. It is used mainly in the Treatment of Coughs and is specific for Whooping Cough.

Externally, it has been used to Treat Corns, Warts and Bunions. The Sundew Herb is also prescribed for Gastric Problems.

Of the Sundew, Nicholas Culpeper wrote:

"The leaves, bruised and applied to the skin, erode it, and bring on such inflammations as are not easily removed. The ladies in some parts mix the juice with milk, as as to make an innocent and safe application for the removal of freckles, sun-burn, and other discolourings of the skin. The juice, unmixed, will destroy warts and corns, if a little of it be frequently put upon them. These are effects which pronounce its internal use to be dangerous; and if it is not productive of bad consequences, when distilled with other ingredients, for cordial waters, &c, it is because its pernicious qualities are not of a nature to rise in distillation."

The Sunflower (*Helianthus Annuus*):



An Infusion of Sunflower Seeds have Diuretic and expectorant properties and have been employed with success in the Treatment of Bronchial, Laryngeal and Pulmonary Affections, Coughs and Colds, also in Whooping Cough. The Sunflower Seeds, first Baked til Brown in the Oven and then made into an Infusion are Admirable for the Relief of Whooping Cough.

Its Essential Oil possesses Similar Properties and may be given in doses of 10 to 15 drops or more, Two or Three times a day. Sunflower Seeds Essential Oil is also for Cosmetic Purposes due to its Moisturizing and Protective Properties. Sunflower Oil has a Milder Taste than Olive Oil, and it is thought to be Healthier for the Arteries than Butter on account of its Low Saturated Fat content. In recent years, Sunflower Oil Margarine has become a Popular Alternative to Butter.

A Tincture of the Flowers and Leaves has been recommended in combination with Balsamics in the treatment of Bronchiectasis. Tincture of *Helianthus* in the Caucasus use the Sunflower as a Folk Medicine for Malarial Fever. The Leaves are spread upon a Bed covered with a Cloth, Moistened with Warm Milk and then the Patient is Wrapped Up in it. Perspiration is Produced and this Process is Repeated every day until the Fever has Ceased. A Tincture prepared from the Sunflower Seeds with Rectified Spirit of Wine is useful for Intermittent Fevers and Ague, instead of Quinine.

The Leaves are Smoked in Herbal Tobaccos.

The above mentions a lot of things about it being good for Respiratory Ailments, bit nothing about being good for the Nervous System.

The Swamp Milkweed (*Asclepias Incarnata*):



Swamp Milkweed Bloom in the Hot Dry Summer Months, when little else is in Bloom. Loaded with Flowers, Butterflies Swarm the plant for Delicious Nectar. It is the only Host Plant for Monarch Butterflies because it is the only one they will lay their Eggs on!

Its Unopened Flower Buds and Seed Pods can be Cooked and Tastes somewhat like Green Peas. The Young Shoots can be Steam Cooked and Tastes somewhat like Asparagus. The Tips of Older Shoots can be Cooked like Spinach. As can be expected, the Flower Clusters can be Boiled Down to make a Sugary Syrup, similarly as Maple Sugar.

A Tea made from the Roots is an Anthelmintic, Carminative, Diuretic, Emetic and is a Strong Laxative. This Tea is said to remove Tapeworms from the Body as quick as an Hour later. It has been used in the Treatment of Asthma, Rheumatism, Syphilis, and as a Heart Tonic.

It seems that an Infusion of the Roots Makes a Good Strengthening Bath for Children and Adults.

Swamp Milkweed Bark provides a Good Quality Fibre and is used as Twine or Cloth.

The Sweet Cicely (*Myrrhis Odorata*):



The Sweet Cicely is a Hardy and Robust Herb. The Sweet Cicely is an Aromatic Perennial Herb Indigenous to the Mountainous areas of Europe and Asian Russia - growing originally only in these Regions. The Sweet Cicely when Fully Mature can reach 0.6 to 0.9 m or 2 to 3 feet in Height. Sweet Cicely is one of the First Herbs that come up when Spring arrives. The Sweet Cicely is a Pretty Plant and makes a Beautiful Backdrop to a Perennial Border in Mountainous Regions where it Grows. The Leaves and the Seed make Good Polishes for Wood. You just rub them over the Wood and then Rub the Wood with a Clean Cloth to Remove any Greenness. The Leaves, either Raw or Cooked, are Edible and have a Delicious Sweet Anise Seed Flavour and are liked by the Majority of people who try them. They are also used as a Flavouring for Vegetables.

The Whole Plant is an Aromatic, Carminative, Expectorant and a Stomachic. It is useful in the Treatment of Coughs and Flatulence, and also as a Gentle Stimulant for the Stomach. The Root is an Antiseptic and a Decoction has been used to Treat Snake and Dog Bites. An Ointment made from the Roots has been used to ease Gout and Soothe Wounds.

The Sweet Cicely Remedy is useful as a Mild Stimulant for problems affecting the Stomach as well as in Treating Problems like persistent Coughs and Flatulence. Snake and Dog Bites can be Treated using an Antiseptic Decoction made from the Root - this Solution can be used as a First Aid Treatment in such Injuries.



### The Sweet Marjoram (*Origanum Majorana*):



Sweet Marjoram is a Tender Perennial that is Grown as an Annual in Northern Gardens. Believed to be Native to North Africa, the Middle East, and part of India. Sweet Marjoram grows from 25 to 60 cm (10 to 24 inches) tall. A pretty Herb with a rather Bushy, Sprawling Habit. Sweet Marjoram makes an Attractive Addition to a Hanging Basket and is ideal for Borders and Rock Gardens. Sweet Marjoram is mainly used as a Culinary Herb, but is also medicinally valuable due to its Stimulant and Antispasmodic Properties.

It is a Good General Tonic, Treating Various Disorders of the Digestive and Respiratory Systems. It has a Strong Affect on the Nervous System and is also thought to Lower the Sex Drive. The Sweet Marjoram is an Antiseptic, Antispasmodic, Carminative, a Diaphoretic, Diuretic, Emmenagogue, an Expectorant, Stimulant, Stomachic and a Mild Tonic. Its Antispasmodic Property makes it good to help Epilepsy.

It is taken Internally in the Treatment of Bronchial Complaints, Tension Headaches, Insomnia, and Anxiety. Sweet Marjoram is also good for Minor Digestive upsets and Painful Menstruation and to help to Relieve the Pain of Childbirth.

Externally, it is used to Treat Muscular Pain, Arthritis, Sprains, Stiff Joints as well as also Bronchial Complaints. It makes a Great Muscle Relaxant. The Sweet Marjoram is Harvested as Flowering begins and can be used Fresh or Dried. Marjoram Essential Oil is often used Medicinally. This Essential Oil is used in Aromatherapy.

It is good for External Application for helping Cold Symptoms when applied as a Plaster and then mixed with Oatmeal. This Plaster is also good for Treating Rheumatism and Sprains. A Decoction of Sweet Marjoram, when added to Bathwater, help Relieve Congestion, Hay Fever as well as Aches and Pains. It also helps in keeping you getting Laryngitis of the Throat while having the Common Cold.



In Powdered Form the Herb forms part of certain Sneezing Powders.

Of the Sweet Marjoram, Nicholas Culpeper wrote:

"An excellent remedy for the brain and other parts of the body and mind, under the dominion of the same planet. Our common Sweet Marjoram is warming and comfortable in cold diseases of the head, stomach, sinews, and other parts, taken inwardly, or outwardly applied. The decoction thereof being drank, helps all diseases of the chest which hinder the freeness of breathing, and is also profitable for the obstructions of the liver and spleen. It helps the cold griefs of the womb, and the windiness thereof, and the loss of speech, by resolution of the tongue. It provokes women's courses, if it be used as a pessary. Being made into powder, and mixed with honey, it takes away the black marks of blows, and bruises; it is good for the inflammations and watering of the eyes, being mixed with fine flour, and laid unto them. The juice dropped into the ears eases the pains and singing noise in them. It is profitably put into those ointments and salves that are warm, and comfort the outward parts, as the joints and sinews, for swellings also, and places out of joint. The powder thereof snuffed up into the nose provokes sneezing, and thereby purges the brain; and chewed in the mouth, draws forth much phlegm. The oil made thereof, is very warm and comfortable to the joints that are stiff."

Sweet Marjoram does have a Small Contraindication as since it can promote Menstruation, it should not be used Medicinally by Pregnant Women though small quantities used for Culinary Purposes are Safe.

The Sweet Violet (Viola Odorata):



The Sweet Violets have been much Admired for more than 2,000 years. Ancient Athenians held the Sweet Violet in High Regard for its Power both to Moderate Anger and to Cure Insomnia. Later the Celts mixed the Sweet Violet's Flowers with Goat's Milk to make a Cosmetic. In the 16th century the English made a Syrup of the Flowers and used Sweet Violet as a Mild Laxative for Children. At different Times and Places, Folk Healers have touted the Sweet Violet Herb as a Cure for Growths. Since about 500 B.C. the Fresh Leaves have been used in Poultice form to Treat Skin Cancer, and this belief in Violets' Efficacy as a Cancer Cure. The Sweet Violet Flowers can be used Fresh, or Harvested when it comes into Flower and then be Dried for later use. The Roots are gathered in the Autumn and Dried for later

use.

The Sweet Violet has a Long and Proven History of Folk Use, especially in the Treatment of Cancer and Whooping Cough. It also contains Salicylic Acid, which is used to make Aspirin. It is therefore Effective in the Treatment of Headaches, Dizziness, Migraine and Insomnia.

The Whole Plant is an Anti-inflammatory, Diaphoretic, and Diuretic. It is also an Emollient, Expectorant, and Laxative. It is taken Internally in the Treatment of Bronchitis, Respiratory Catarrh, Coughs, Asthma. It is also used to Treat Cancer of the Breast, Lungs or Digestive Tract.

The Flowers are a Demulcent and Emollient. They are used in the Treatment of Biliousness and Lung Troubles. The Flower Petals are made into a Syrup and used in the Treatment of Infantile Disorders. Syrup of Violets is also Employed as a Ague, Epilepsy, Inflammation of the Eyes, Laxative, Sleeplessness, Pleurisy, Jaundice and Quinsy.

The Seeds are a Diuretic and Purgative. They have been used in the Treatment of Urinary Complaints are considered to be a Good Remedy for Gravel.

An Essential Oil from the Flowers is used in Aromatherapy in the Treatment of Bronchial Complaints, Exhaustion and Skin Complaints.

The Roots is a much Stronger Expectorant and Purgative than other Parts of the Plant.

Externally, it is used to Treat Mouth and Throat Infections.

A Homeopathic Remedy is made from the Whole Fresh Plant. It is considered useful in the Treatment of Spasmodic Coughs and Rheumatism of the Wrist.

Of the Sweet Violet, Nicholas Culpeper wrote:

"It is a fine pleasing plant of Venus, of a mild nature and no way hurtful. All the Violets are cold and moist, while they are fresh and green, and are used to cool any heat or distemperature of the body, either inwardly or outwardly, as the inflammation in the eyes, to drink the decoction of the leaves and flowers made with water or wine, or to apply them poultice wise to the grieved places; it likewise easeth pains in the head caused through want of sleep, or any pains arising of heat if applied in the same manner or with oil of Roses. A drachm weight of the dried leaves or flowers of Violets, but the leaves more strongly, doth purge the body of cholerick humours and assuageth the heat if taken in a draught of wine or other drink; the powder of the purple leaves of the flowers only picked and dried and drank in water helps the quinsy and the falling sickness in children, especially at the beginning of the disease. It is also good for jaundice. The flowers of the Violets ripen and dissolve swellings. The herbs or flowers while they are fresh or the flowers that

are dry are effectual in the pleurisy and all diseases of the lungs. The green leaves are used with other herbs to make plasters and poultices for inflammation and swellings and to ease all pains whatsoever arising of heat and for piles, being fried with yoke of egg and applied thereto."

The Tansy (*Tanacetum Vulgare*):



The Plant is conspicuous in August and September by its Heads of Round, Flat, Dull Yellow Flowers, Growing in Clusters, which earn it the name of 'Buttons.' It has a very curious, and not altogether disagreeable Odour, somewhat like Camphor. The Name Tansy is probably derived from the Greek Athanaton (Immortal), either, says Dodoens, because it lasts so long in Flower or, as Ambrosius thought, because it is Capital for Preserving Dead Bodies from Corruption. It was said to have been given to Ganymede to make him Immortal. It is connected with some Interesting Old Customs observed at Easter Time, when even Archbishops and Bishops Played Handball with Men of their Congregation, and a Tansy Cake was the Reward of the Victors.

The Leaves as well as the Flowering Tops of this Herb possess Antispasmodic, Anthelmintic, Bitter, Emmenagogue, Tonic and Stimulant Properties. An Infusion Prepared with Tansy Leaves or even the Entire Plant is used to Heal Menstrual Abnormalities and also in the form of an Anthelmintic (expelling

Intestinal Worms), especially in Children. In addition, this Infusion is also useful in Curing Debility of the Kidneys, Hysteria, Fevers, and Stomach disorders. When used in Larger Doses, Tansy may result in an Abortion, while these Doses can also be Lethal.

It is also valuable in Hysteria and in Kidney Weaknesses, the same Infusion being taken in Wineglassful Doses, repeated frequently. It forms an Excellent and Safe Emmenagogue, and is of Good Service in Low Forms of Fever, in Ague and Hysterical and Nervous Affections. As a Diaphoretic Nervine it is also useful.

The essential oil present in the leaves of tansy is poisonous and even ingesting a very small amount like half-an-ounce is sufficient to kill an adult. However, From 1 to 4 drops of the Essential Oil may be safely given in cases of Epilepsy, but Excessive Doses have produced Seizures.

Tansy has been used Externally with Benefit for some Eruptive Diseases of the Skin, and the Green Leaves, Pounded and Applied, will Relieve Sprains and allay the Swelling. A Hot Infusion, as a Fomentation to Sprained and Rheumatic Parts, will in like manner give Relief.

An Infusion of the Dried Flowers and Seeds is given for Gout. The Roots when Preserved with Honey or Sugar, have also been reputed to be of special service against Gout, if Eaten fasting every day for a certain time.

Tansy is largely used for Expelling Worms in Children, the Infusion of 1 OZ. to a Pint of Boiling Water being taken in Teacupful Doses, Night and Morning, Fasting.

In Moderate Doses, the Plant and its Essential Oil are Stomachic and Cordial, being Anti-Flatulent and serving to allay Spasms.

It has been used as a Strewing Herb because it was said to be Effectual in keeping Flies away, particularly if mixed with Elder Leaves. If Meat be Rubbed with this Plant, Flies will not Attack it. Tansy may be Employed to Eliminate Fleas, Lice and Scabies, but Topical Application of Tansy as well as the different Formulations prepared from the Plant also possess the Hazards of Toxicity.

Of the Tansy, Nicholas Culpeper wrote:

"Dame Venus was minded to pleasure women with child by this herb, for there grows not an herb fitter for their use than this is; it is just as though it were cut out for the purpose. This herb bruised and applied to the navel, stays miscarriages: I know no herb like it for that use: boiled in ordinary beer, and the decoction drank, doth the like; and if her womb be not as she would have it, this decoction will make it so. Let those women that desire children love this herb, it is their best companion, their husbands excepted. The decoction of the common Tansy, or the juice drank in wine, is a singular remedy for all the griefs that come by stopping of the urine, helps the stranguary and those that have weak reins and kidneys. It is also very profitable to dissolve and expel wind in the stomach, belly, or bowels, to procure women's courses, and expel windiness in the matrix, if it be bruised and often smelled unto, as also applied to the lower part of the belly. It is also very profitable for such women as are given to miscarry. The herb fried with eggs (as it is the custom in the Spring-time) which is called a Tansy, helps to digest and carry downward those bad humours that trouble the stomach. The seed is very profitably given to children for the worms, and the juice in drink is as effectual. Being boiled in oil, it is good for the sinews shrunk by cramps, or pained with colds, if thereto applied."

There is some Contraindications as Tansy should be used with Caution as it is possibly Unsafe for Internal use, especially if you are Pregnant. Tansy's Essential Oil in the Leaves is Toxic and even External use of the Plant carries the Risk of Toxicity.

The Tarragon (*Artemisia Draconculus*):



Tarragon is a Green Perennial Shrub that is Smooth and Lacking in Hairs and Bristles. The Shrub is native to the Sunny and Dry Regions of the Northern Hemisphere, especially the United States, Asia and Siberia. The Plant derives its English name from the French "Estragon" meaning 'Little Dragon'. People in Europe grow this Shrub commercially for its Perfumed Leaves that pass on a Licorice-anise essence to Salads, Sauces and Foods prepared with Vinegar.

Tarragon is a Versatile Herb that appears to contain Preventative Substances for Cancer and possibly some Viruses. It can be made into a Tea that is particularly effective when used with Lemon Balm for prevention of the Flu or Herpes. Two Cups per day of Tarragon Herbal Tea is also effective for eliminating Intestinal Worms, especially in children. Tarragon Herbal Teas can also be used for to relieve Menstrual Cramps, Stomach Cramps, Digestive Problems, Fatigue, Nerves, and to promote the Appetite. For Toothaches, one can try chewing on a couple of Tarragon Leaves or Roots for Relief. Tarragon can also be used in place of Salt for people on Salt-restricted Diets. Crushed Tarragon Leaves can be used on Minor Rashes and Skin Irritations for Relief of the Symptoms.

Herbal Teas prepared with Tarragon is a Traditional French Remedy for Treating Insomnia and Hyperactivity or Learning Disorders. These Teas has shown to be very effective in Healing these



conditions and the success rate has been Considerably High.

In Cooking its use is advised to temper the coolness of other Herbs in Salads. The Leaves, which have a Fragrant Smell in addition to their Aromatic Taste, make an excellent additive when making Pickles. It has been used as a Flavoring for Vinegar. Just put Tarragon Leaves into a Jar, and fill the Jar with Ordinary White Vinegar and allow to sit over night and then drain it off and you will then have Tarragon Flavored Vinegar. French Chefs have been known to mix Mustard with Tarragon Vinegar in some Recipes and Salads. Taking One Teaspoonful of Tarragon Vinegar before every meal invigorates the Digestive System and also helps to alleviate several problems related to Digestion.

It is interesting to note that during the Medieval Period, Devotees undertaking Pilgrimages to distant lands would often pack their Shoes with Stems of Tarragon with the belief that the Herb would provide them with Additional Energy and Strength, but it is now known that Tarragon does not have that Herbal Benefit.

The Thyme (*Thymus Vulgaris*):



There are different Genus's of this Herb, and it is the Common or Garden Thyme is used commercially Purposes. Our Garden Thyme is an 'Improved' cultivated form of the Wild Mountain Thyme, which has Broader Leaves and Weaker Odour, grows in Spain and other European Countries bordering on the Mediterranean, flourishing also in Asia Minor, Algeria and Tunis. It is Cultivated now in most Countries with Temperate Climates, though we do not know at what period it was first introduced into Northern Countries. It was certainly commonly cultivated in England before the middle of the 16th Century.

Thyme is principally used in Cookery, being used in Flavoursing Chicken Stuffings, Italian Sauces, Pickles, Stews, and Soups. Using Thyme in Cookery helps to Alleviate Problems of the digestive Tract, such as Wind and Colic, Spastic Colon, Diarrhea, Lack of Appetite and Irritable Bowel Syndrome.

In Herbal Medicine, Thyme is generally used in combination with other Remedies and useful as an Antiseptic, Antispasmodic, Tonic and Carminative. It Helps to Prevent Strokes, Soothes Rheumatism, and reveals Pains from Sprains.

Thyme promotes Blood Circulation and helps in discarding Chilliness and Weariness and functions as an Exciting Stimulant for the entire system. The Stimulating Action on the Nervous System makes the Herb a brilliant Remedy for Physical as well as Mental Fatigue, Alleviating Tension, Anxiety and Sleeplessness. The Herb is also effective in Treating Depression or Mood Changes. The Diuretic Property of Thyme helps to diminish Water Retention, Contagions of the Urinary Tract,

Thyme is especially Good for the boosting the Immune System. Consuming this Herb helps to combat different types of Contagious Illnesses caused by Bacteria, Viruses and Funguses.

An Infusion made from Dried Thyme to Boiling Water and Sweetened with Sugar or Honey, is a Safe Cure for Whooping Cough. A Syrup made from Thyme is also Good for Preventing the Common Cold.

Thyme can be used for preparing an excellent Home-Made Ointment that is applied Topically for effectively Curing Cuts, Injuries, Rashes, Acne and other Skin Conditions. This Herbal Ointment is especially useful when applied on the Facial Skin and on the Skin in the areas of the Forehead, Throat and Neck. In addition, the Thyme Ointment may also be applied to Treat Burns, Sores and Injuries at any place on the body.

Thyme is also very useful in Disinfecting Water in Nations such as Spain, Portugal, Mexico, Italy and Greece. You boil the Thyme in Water, Purifying it and then the Water can be used as Drinking Water.

When treated with Caustic Potash and Iodine, the Herb Thyme yields Iodo-Thymol, commonly known as 'Aristol.' Camphor of Thyme was noticed first by Neumann, Apothecary to the Court at Berlin in 1725. It was called Thymol and carefully examined in 1853 by Lallemand and recommended in 1868 by Bouilhon. Thymol is a Powerful Antiseptic for both Internal and External use; it is also employed as a Deodorant and Local Anaesthetic. It is extensively used to Medicate Gauze and Wool for Surgical Dressings.

Thyme, when Smoked, is good for Digestion, Headache and Drowsiness. In Perfumery, Essence of Thyme is used for Cosmetics and Rice Powder. It is also used for Embalming Corpses. The Dried Flowers have been often used in the same way as Lavender, to preserve Linen from Insects.

Of Thyme, Nicholas Culpeper wrote:

"It is a noble strengthener of the lungs, as notable a one as grows; neither is there scarce a better remedy growing for that disease in children which they commonly call the chin- cough. It purges the body of phlegm, and is an excellent remedy for shortness of breath. It kills worms in the belly, and being a notable herb of Venus, provokes the terms, gives safe and speedy delivery to women in travail, and brings away the after birth. It is so harmless you need not fear the use of it. An ointment made of it takes away hot swellings and warts, helps the sciatica and dullness of sight, and takes away pains and hardness of the spleen. Tis excellent for those that are troubled with the gout. It eases pains in the loins and hips. The herb taken any way inwardly, comforts the stomach much, and expels wind."

Tiger Eye Sumac (*Rhus Typhina*):



Sumac Leaves and Berries are Classified as an Astringent and Blood Purifier. Certain Native American and Canadian Indian Tribes used Sumac to Treat Bladder, Digestive, Reproductive, and Respiratory Ailments, Infections, Injuries and Stomachaches. The Chippewa Indians of North America made a Decoction of Sumac Flowers to Treat Gas, Indigestion, and other Digestive Upsets. The Iroquois used Sumac as a Laxative, Diuretic, Expectorant, and a Liver Aid. The Powdered Bark and Dried Berries were allegedly combined with Tobacco and Smoked during Peace Pipe Ceremonies.

The Inner Bark was also used to Treat Hemorrhoids and Piles. Early Pioneers used the Berries to reduce Fevers, and they Steeped and Strained the Berries and Thickened the Mixture with Honey to yield a Soothing Cough Syrup. Some Transformed the Berries into Wine. The Berries are also Chewed as a remedy for Bed-Wetting. Others used the Root to produce an Emetic Tea (to induce Vomiting).

The Bark to make Dye, and the Leaves to relieve Symptoms of Asthma. Sumac Berries contain Malic Acid, which possess Antifungal Properties and putative Anti-Fibromyalgic Activity. An Infusion of the Roots, combined with Purple Coneflower (*Echinacea Purpurea*) has been used in the Treatment of Venereal Disease and has been found useful in Gonorrhoea, and Leucorrhoea. Combined with the barks of slippery elm and white pine and taken freely, the decoction is said to have been greatly

beneficial in syphilis.

A Strong Decoction, or Diluted Fluid Extract, affords an agreeable Gargle in Angina, especially when combined with Potassium Chlorate. A Decoction of the Inner Bark of the Root is helpful for the Sore-Mouth resulting from Nercorial Salivation, and also for Internal Use in Mercurial Diseases. A Poultice of the Roots has been used to Treat Boils.

An Infusion is used in the Treatment of Diarrhoea, Dysentery, Hectic Fever, Scrofula and Profuse Perspiration from Debility, Fevers, Piles, General Debility and Uterine Prolapse. An Infusion is also said to greatly increase the Milk Flow of a Nursing Mother.

Tannic Acid, which is present in Tea and Wine and is known for its Astringent Activity; and Gallic Acid, a White Crystalline Compound used in Dyes, in Photography, and in Ink and Paper Manufacture.

Some Caution is advised here since the Sap can cause a Rash on many people.

The Tobacco Plant (*Nicotiana Tabacum*):



Notice: Smoking Tobacco is Highly Addictive!!! Tobacco should be used with Caution, when taken Internally when Smoked, has an Addictive Affect.

The Genus derives its name from Joan Nicot, a Portuguese who introduced the Tobacco Plant into France. The specific name being derived from the Haitian word for the Pipe in which the Herb is Smoked. The Tobacco Plant was introduced into England by Sir Walter Raleigh and his Friends in 1586, and at first met with Violent

Opposition. Kings prohibited it, Popes pronounced against it in Bulls, and in the East Sultans condemned Tobacco Smokers to Cruel Deaths. However, Three Hundred Years later, in 1885, the Leaves had become part of the British Pharmacopoeia. A Pipe Smoked after Breakfast assists the action of the Bowels.

Tobacco has a long history of use by Medical Herbalists as a Relaxant, though since it is a Highly Addictive Drug it is seldom employed Internally or Externally at present. The Leaves are an Antispasmodic, a Diuretic, an Emetic, an Expectorant, an Irritant, a Narcotic, and a Sedative. Tobacco Leaf, when applied as a Suppository has been Beneficial in helping Treat a Strangulated Hernia. A Cataplasm of the Leaves may be used as an Ointment for Cutaneous Diseases.

Tobacco has been used Externally in the Treatment of Rheumatic Swelling, Skin Diseases and Scorpion Stings. Tobacco has Active Ingredients that gets Absorbed through the Skin. Wet Tobacco Leaves can be applied to Stings in order to relieve the Pain. Tobacco Leaves are also a certain Cure for Painful Piles. A Homeopathic Remedy is made from the Dried Leaves that is used in the Treatment of Nausea and Travel Sickness.

All parts of the Plant contain Nicotine, this has been extracted and used as an Insecticide. The Dried Leaves can also be used, they remain effective for 6 months after Drying. The Juice of the Leaves can be Rubbed on the Body as an Insect Repellent.

Tobacco is a Local Irritant if used as Snuff as it causes Violent Sneezing, also a Copious Secretion of Mucous. If Chewed, it Increases the flow of Saliva by Irritating the Mucous Membrane of the Mouth. Injected into the Rectum it acts as a Cathartic. When taken in Large Doses, it produces Nausea, Vomiting, Sweats and Great Muscular Weakness. Nicotine is a Virulent Poison producing great disturbance in the Digestive and Circulatory Organs. It Innervates the Heart, causing Palpitation and Cardiac Irregularities and Vascular Contraction, and is considered one of the causes of Arterial Degeneration.

The Tomato (*Lycopersicon Esculentum*):





Originating in South America, the Tomato was spread around the World following the Spanish Colonization of the Americas, and its many varieties are now widely grown, often in Greenhouses in Cooler Climates. The Tomato belongs to the Nightshade Family. The Plants typically grow to 1-3 meters (3-10 ft) in height and have a weak Stem that often sprawls over the Ground and Vines over other Plants. It is a Perennial in its Native Habitat, although often grown Outdoors in Temperate Climates as an Annual.

The Strong Aroma of this Plant is said to Repel Insects from nearby Plants. A Semi-Drying Oil is obtained from Tomato Seeds. It can be used in making Soap. A Spray made from Tomato Leaves is an effective but Very Poisonous Insecticide. It is especially effective against Ants, but should be used with great caution because it will also kill Beneficial Insects and is Toxic to Humans.

The Tomato Fruit is consumed in diverse ways, including Raw, as an ingredient in many Dishes and Sauces having the most impact on Italian Cookery. While it is Botanically a Fruit, it is considered a Vegetable for Culinary Purposes which has caused some confusion. The Fruit is rich in Lycopine, which may have Beneficial Health Effects.

The Pulped Fruit is an Extremely Beneficial Skin-wash for people with Oily Skin. The Pulp of the Fruit is used Cosmetically in Face-Packs as well. Sliced Fruits are a quick and easy first aid Treatment for Burns, Scalds and Sunburn. A Decoction of the Root is ingested in the Treatment of Toothache.

The Skin of Tomato Fruits is a good source of Lycopine, a substance that has been shown to protect people from Heart Attacks. It seems to be more effective when it is Cooked and so can be obtained from Food Products such as Tomato Ketchup and Tinned Tomatoes. Lycopine has also been shown to have a very beneficial effect upon the Prostate and is being used increasingly to Treat Enlarged Prostate and the difficulties in Urination that accompany this disorder.

A Homeopathic Remedy is made from the Plant. It is used in the Treatment of Rheumatism and Severe Headaches.

## The Tormentil (*Potentilla Erecta*):



Tormentil is a Small Multi-Ranched Herb with Sparse Hairy Leaves are Digitally Dissected into Four or Five Leaflets which are Borne Directly on the Stems. The Flowers are Solitary, Relatively Small, Yellow and Differ Markedly from those of all other *Potentilla* Species. This Herb contains more Tannins than Oak Bark with All Parts of the Tormentil Herb are Strongly Astringent, finding use wherever the Astringent Action is required.

This Herbal Plant is considered to be one of the Safest Native Astringents and it is widely used in Herbal Medicine in the Treatment of Diarrhoea, Dysentery, Gastroenteritis, Enterocolitis, and Sore Throats. The Whole Plant, and especially within the Roots, is an Antibiotic, Haemostatic Hypoglycemic as well as Strongly Astringent. It is used in the Treatment of Diarrhoea, Dysentery, Irritable Bowel Syndrome, Colitis, and Ulcerative Colitis.

A Strongly Made Decoction has been Recommended as a Wash for Mouth Ulcers, Infected Gums, Piles and Inflamed Eyes. The Plant's Effectiveness as a Toothache Remedy is Undeniable and it has also been of Benefit in Treating Bed-Wetting by Children. A piece of Lint be Soaked in the Decoction and kept applied to Warts will cause them to Disappear.

An Infusion of Tormentil Herb Cures Ague, Smallpox, and Whooping Cough. It has been used to help Treat Cholera, and also sometimes for Treating Intermittent Fevers.

Externally, the Plant makes a Good Stopping Bleeding from Cuts, Skin Ulcers, Sores, and Wounds. The Juice of the Fresh Root, or the Powder of the Dried, was used in Compounding Ointments and Plasters for Application to Wounds and Sores.

Extracts are used to Treat Chapping of the Anus and Cracked Nipples.

A Red Dye is obtained from the Roots.

Of the Tormentil, Nicholas Culpeper wrote:

"Tormentil is most excellent to stay all fluxes of blood or humours, whether at nose, mouth or belly. The juice of the herb and root, or the decoction thereof, taken with some Venice treacle and the person laid to sweat, expels any venom or poison, or the plague, fever or other contagious disease, as the pox, measles, etc., for it is an ingredient in all antidotes or counterpoisons.' . . . 'It resisteth putrefaction.' . . . 'The root taken inwardly is most effectual to help any flux of the belly, stomach, spleen or blood and the juice wonderfully opens obstructions of the spleen and lungs and cureth yellow jaundice. Tormentil is no less effectual and powerful a remedy against outward wounds, sores and hurts than for inward and is therefore a special ingredient to be used in wound drinks, lotions and injections. . . . It is also effectual for the piles. . . . The juice or powder of the root, put into ointments, plasters and such things that are applied to wounds or sores is very effectual."

The True Unicorn Root (*Aletris Farinosa*):



True Unicorn Root is a Perennial Plant. This Herb reaches a height of about One to Three Feet and Bears a Single Stalk which lies Axially in the Center of a Rosette of Pale Green Leaves which Resemble the Leaves of a Lily with each Leaf of the Herb being about Two to Seven Inches in Length. In the months of May through August, the True Unicorn Root also Bears a lot of Tiny White Urn-Shaped Flowers, each may be a Quarter to Half an inch in Length, and this may together form a Spike running side by side of the Upper Region of the Bare Stalk. The Root is Harvested in Late Summer after Flowering and Dried for later use.

The Greatest Value of the Unicorn Root is its Tonic Influence on the Female Generative Organs, proving to be of great use in Treating Cases of Habitual Miscarriages. It has value in Curing Dyspepsia and where there is an Absence of Urinary Phosphates. It also promotes the Appetite and is used in the Treatment of Diarrhea, Rheumatism and Jaundice. The Root is a Bitter, Diuretic, Narcotic and a Tonic. Only use the Dried Rootstock, in Large Doses the Fresh Root is somewhat an Emetic and Cathartic.

A Decoction of the Root is a Bitter Tonic and has been used for Curing Flatulence and for various Uterine Disorders. It is used in the Treatment of Colic, though making sure to use it in Small Doses. The Root contains Diosgenin, which has both Anti-Inflammatory and Oestrogenic Properties. A Herbal Tea of the Leaves has been used in the Treatment of Stomach Disorders, and Dysentery. Problems such as Anorexia or Long Term Appetite Loss are often relived using the Colic Root as its Bitter Nature Revives and increases the effectiveness of the Digestive Process in the Affected Individual.

To Relieve Aches in the Back and for Sore Breast, the Early Colonists used to apply an Herbal Poultice made from the Leaves of the Colic root. The Pain in the Body was reduced in some cases by Drinking a Very Potent Herbal Tea made from the Dried and Powdered True Unicorn Root along with Whiskey or a Strong Brandy. Some care must be taken when using this Herb as it has a Contraindication that it is the Fresh True Unicorn Toot is Mildly Poisonous.

The Turmeric (*Curcuma Longa*) -



Turmeric is considered Auspicious and Holy in India and has been used in various Hinduistic Ceremonies for Millennia. It remains Popular in India for Wedding and Religious Ceremonies. Turmeric



has played an important role in Hindu Spiritualism. The Robes of the Hindu Monks were Traditionally Colored with a Yellow Dye made of Turmeric. Because of its Yellow-Orange Coloring, Turmeric was associated with the Sun or the Thirumal in the Mythology of the Ancient Tamil Religion.

It is Native to India and used in Ayurvedic Practices. Turmeric has been used as an attempted Treatment for a variety of Internal Disorders, such as Indigestion, Throat Infections, Common Colds, or Liver Ailments, as well as Topically to Cleanse Wounds or Treat Skin Sores.

Tumeric is a Mild Aromatic Stimulant seldom used in Medicine except as a Colouring. Turmeric helps to facilitate the action of the liver and has been used for Years used to Heal Jaundice. It was once used as a Test for Alkaloids and Boric Acid.

The Spice is also Helpful in Relieving One of Nausea and although Turmeric is not helpful in Alleviating Pain, the Herb's Anti-Seditious Functions are helpful in getting relief from other inciting situations like Arthritis, Asthma and Eczema.

Turmeric is now being widely used to heal as well as Lower the Danger of Strokes and Heart Attacks. This is because its properties to curb Inflammation, Thin the Blood as well as reduce the Cholesterol Level in the System.

When Turmeric is applied on the Skin, the Spice is Beneficial in Healing various Disorders that Comprise Psoriasis, and Fungal Infections and even Diseases like Athlete's Foot.

Although Turmeric is considered to be useful in preventing Cancer among People, there is a need for more Research to establish that Fact.

The Valerian Root (*Valeriana Officinalis*):



Valerian is found throughout Europe and Northern Asia, and is common in England in marshy thickets and on the borders of Ditches and Rivers, where its Tall Stems



may generally be seen in the Summer Towering above the usual Herbage making the Plant stand out. Valerian is a Well-Known and Frequently used Medicinal Herb that has a long and proven History of Efficacy. During World War 2, when Air-Raids overwrought Nerves of the Civilians, Valerian was commonly prescribed with other simple Ingredients, taken in a Single Dose, or repeated according to the need, proved wonderfully helpful. The Roots of 2 year Old Plants are Harvested in the Autumn once the Leaves have Died down and are used Fresh or Dried. The Fresh Root is about 3 times as effective as Roots Dried at 40 C, whilst Temperatures above 82 C destroy the Active Principle in the Valerian's Root.

Valerian is noted especially for its effect as a Tranquillizer and Nervine, particularly for those People Suffering from Nervous Overstrain. The Active Ingredients are called Valepotriates, research has confirmed that these have a Calming Effect on Agitated People, but are also a stimulant in cases of Fatigue.

Valerian has been shown to encourage Sleep, improve Sleep Quality and Reduce Blood Pressure. It is also used Internally in the Treatment of Painful Menstruation, Cramps, Hypertension, and Irritable Bowel Syndrome. The Primeval Greeks made use of Valerian to Cure Digestive Disorders like Nausea and Flatulence. In addition, they also used the Herb to Treat Urinary Problems

Externally, it is used to Treat Eczema, Ulcers and Minor Injuries. The Root is an Antispasmodic, Carminative, Diuretic, Hypnotic, as well as a Powerfully Sedative. It has been known to help to stop Seizures in Epileptic Patients.

Oil of Valerian is employed to a considerable extent on the Continent as a popular remedy for Cholera, in the form of Cholera Drops, and also to a certain extent in Soap Perfumery.

The Juice of the Fresh Root also has some Influence upon the Circulation, Slowing the Heart and Increasing its Force, it has been used in the Treatment of Cardiac Palpitations.

Of Wild Valerian, Nicholas Culpeper wrote:

"The roots of Valerian have a strong, and, to most people, a disagreeable smell; to the taste they are warm bitter, and a little acrid. There is no doubt but it possesses antispasmodic virtues in a very eminent degree. It is often given the advantage in hysterical cases; and there are instances of its having effected cures in obstinate epileptic cases. In habitual constiveness it is an excellent medicine, and will frequently loosen the bowels, when other purgatives have proved ineffectual. It is excellent against nervous affections in general, such as inveterate head-achs, trembling, palpitations of the heart, vapours, and hysteria complaints. There is a tincture made from it and kept in the shops, but it is most efficacious in substance, and may be taken from half a drachm to two drachms for a dose three or four times a day."

It does have some Contraindications and Valerian should not be prescribed for

Patients with Liver Problems. It is said that Prolonged Medicinal use of this Herb can lead to Addiction. A course of Treatment should not exceed 3 months.

The Vanilla (*Vanilla Planifolia*):



Although it does have some Medicinal Benefits, it is rarely used for any Medicinal Purposes other than as a Pharmaceutical Flavouring. Its Essential Oils do get used in Aromatherapy. Aromatherapy benefits of Vanilla include Heightened Mental Clarity, Increased Circulation, Decreased Fever Temperatures, Clearing Respiratory Airways and as a Weight-Loss Aid.

Vanilla Essential Oils, when mixed with a little Sweet Almond Oil, is used as a Body Massage Aphrodisiac. From the time of the Aztecs, Vanilla was considered an Aphrodisiac. This reputation was much enhanced when a 1762 German study found that a Medication based on Vanilla Extract Cured Impotence.

Vanilla has been used to Reduce Fevers by putting a teaspoon of Vanilla Extract into a cup of Chamomile or Green Tea and sweeten with a little Honey. You are to drink a Cup of this Tea every hour until the Fever goes down.

A Teaspoon of Vanilla Extract added to a cup of Mineral Water is good for relieving Upset Stomachs.

The smell of Vanilla helps to calm the Nerves. It also helps to increase levels of the body's Catecholamines (including Adrenaline), and as such can also be considered Mildly Addictive.

Make sure before using Vanilla that the Patient is not allergic to Nuts, as there are some people who have allergies to Vanilla.

The Vervain (*Verbena Officinalis*):



The Ancient Romans held the Vervain in Admiration and used this 'Sacred' Herb to Spiritually Cleanse their Homes and Temples. In addition, they knew several Therapeutic Advantages of the Herb and used it to Treat Numerous Disorders. This included being used to Treat Snake Bites and Diarrhea. The Roots of Vervain was Chewed by people with a view to Strengthen their Teeth and Gums. Interestingly, the Herb served to Diverse Purposes such as Medieval Witch's Love Potion and also a Substance to Cure People from the Influence of this Love Potion. This species was ranked 12th in a Chinese Survey of 250 Potential Antifertility Plants. The Plant is used in Bach Flower Remedies - the keywords for Prescribing it are "Strain", "Stress", "Tension" and "Over-enthusiasm". The Vervain Herb is Harvested as Flowering begins in the Summer and Dried for later use.

The Vervain Herb has Tonic and Restorative Properties and is sometimes used as a Domestic Herbal Remedy. It is useful when taken Internally in the Treatment of Headaches, Migraines, Fevers, Nervous Exhaustion, and Depression. And it is also good for Gall Bladder Problems, and Insufficient Lactation. Vervain is often recommended by Herbalists to Treat Jaundice, Asthma, Gallstone, Pre-Menstrual Anxiety, Insomnia and even Fevers, especially at the beginning of Flu.

Externally, it is used to Treat Minor Injuries, Eczema, Sores, Neuralgia and Bleeding Gum Diseases. As a Poultice it is good in Headaches, Earneuralgia, Rheumatism, and Piles. Lotions or Ointments prepared with Vervain Act as Valuable Medication for Insect Bites and Skin Disorders.

The Leaves and Flowering Stems are an Analgesic, Antibacterial, Anticoagulant, Antispasmodic, and an Astringent. It is also a Depurative, Diaphoretic, a Mild Diuretic, and a Emmenagogue. Not only that, Vervain makes a good Galactagogue, Stimulant, Tonic and Vulnerary. Vervain is used to Treat Ophthalmia, and Pleurisy.

The Vervain Root is an Astringent, it is used in the Treatment of Dysentery.

Of the Vervain, Nicholas Culpeper wrote:

"Vervain is hot and dry, opening obstructions, cleansing and healing. It helps the yellow jaundice, the dropsy and the gout; it kills and expels worms in the belly, and causes a good colour in the face and body, strengthens as well as corrects the diseases of the stomach, liver, and spleen; helps the cough, wheezings, and shortness of breath, and all the defects of the reins and bladder, expelling the gravel and stone. It is held to be good against the biting of serpents, and other venomous beasts, against the plague, and both tertian and quartan agues. It consolidates and heals also all wounds, both inward and outward, stays bleedings, and used with some honey, heals all old ulcers and fistulas in the legs or other parts of the body; as also those ulcers that happen in the mouth; or used with hog's grease, it helps the swellings and pains in the secret parts in man or woman, also for the piles or hæmorrhoids; applied with some oil of roses and vinegar unto the forehead and temples, it eases the inveterate pains and ache of the head, and is good for those that are frantic. The leaves bruised, or the juice of them mixed with some vinegar, does wonderfully cleanse the skin, and takes away morphew, freckles, fistulas, and other such like inflammations and deformities of the skin in any parts of the body. The distilled water of the herb when it is in full strength, dropped into the eyes, cleanses them from films, clouds, or mists, that darken the sight, and wonderfully strengthens the optic nerves. The said water is very powerful in all the diseases aforesaid, either inward or outward, whether they be old corroding sores, or green wounds."

Vervain Herb does have a Contraindication as it should not be given to Pregnant Women, though it can be used to Assist Contractions during Labour.

Vetiver (Chrysopogon Zizanioides)



Vetiver has been a Commercial Crop for over a Hundred Years, several Varieties and Crosses have been developed to improve the Yield of the Oil. Vetiver is a Member of the Grass Family which grows Wild in India and surrounding Countries. Belonging to the Poaceae Family, Vetiver is a Perennially Growing Grass that is Indigenous to India. It is also known as 'Khus' in the Northern and Western Regions of India. Due to its

Economic Importance, most Oil is now obtained from Cultivated Plants. Most Oil comes from Dominica, Haiti, India, Ceylon, South America, West Indies, Java, China and Africa.

An 8% Solution of Vetiver Oil has been Tested on Humans with Normal Skin and No Adverse Reactions occurred. Vetiver used in Perfumes has rarely been Reported as being a cause of Dermatitis in Hypersensitive Individuals. It is possible to use this Oil in a Bath but it can be a Sticky. It is advisable to First Disperse the Oil in a Solvent such as Bubble Bath or Liquid Detergent and then add this Mixture to the Bath Water. To a Teaspoon of Bubble Bath or Liquid Detergent add about 6 Drops of Vetiver Oil, Mix Well then add a Teaspoon of Warm Water and Mix Again until the Oil is Fully Dispersed. Add this Mixture to a Well-Filled Bath.

There are very few references in Western Literature to any significant Traditional Medicinal use of this Oil. Its Primary use seems to have always been for Cosmetics, Perfumes, Aftershaves and for Room Fragrances. Aromatherapists have found that this Oil has a Tranquilizing and Calming Effect which is particularly helpful when treating Anxiety States and Nervous Tension.

The Partially Dried Roots of Vetiver Grass are Steam Distilled and Yield 1 to 2% of Essential Oil. Vetiver Oil is Thick and Amber Coloured to Greyish Brown. Its Fragrance is Rich, Heavy and Earthy. Its Odor is very Persistent which is ideal for Long Lasting Room Fragrances.

For Massages, this Essential Oil is not ideal for use on its own particularly as it can leave the Skin feeling Sticky, but it does Blend Extremely Well with many other Essential Oils. It can be tried for any Stress-Related Ailments and is Most Effective for Nervous, Anxious and 'Uptight' Individuals.

Vetiver produces Brownish-Purple hued Flowers. Vetiver grows to 150 Centimetres (5 ft) High and forms Clumps and under Favourable Conditions, the Erect Culms can reach 3 m (9.8 ft) in height. The Stems are Tall and the Leaves are Long, Thin and rather Rigid. The Flowers are Brownish-Purple. Unlike most Grasses, which form Horizontally Spreading Mat-like Root Systems, Vetiver's Roots Grow Downward 2-4 m (7-13 ft) in depth. The Vetiver Bunch Grass has a Gregarious Habit and grows in Tufts. Shoots Growing from the Underground Crown make the Plant Frost and Wildfire Resistant, and allow it to Survive Heavy Grazing Pressure. The Plant Stems are Erect and Stiff. They can Survive Deep Water Flow. Under Clear Water, the Plant can Survive up to Two Months. The Root System of Vetiver is Finely Structured and Very Strong. It can grow 10-13 ft Deep within the First Year. Because of all these Characteristics, the Vetiver Plant is Highly Drought-Tolerant and can help to Protect Soil against Sheet Erosion. In case of Sediment Deposition, New Roots can grow out of Buried Nodes.

These aspects of Vetiver make it an Excellent Erosion Control Plant in Warmer Climates. Vetiver's Roots Grow almost Exclusively Downward 7-13 ft which is Deeper than some Tree Roots. This makes Vetiver an Excellent Stabilizing Hedge for Stream Banks, Terraces and Rice Paddies and Protects Soil from Sheet Erosion. The Roots bind to the Soil, therefore it can not Dislodge. Vetiver has been used to Stabilize Railway Cuttings/Embankments.

Vetiver can be used for crop protection. It attracts the stem borer (*Chilo partellus*), which lays its eggs preferentially on vetiver but whose larvae cannot thrive there, as the plant's hairiness prevents their moving onto the leaves, so that they instead fall to the ground and die.[16]

As a mulch, vetiver is used for weed control in coffee, cocoa and tea plantations. It builds a barrier in the form of a thick mat. When the mulch breaks down, soil organic matter is built up and additional crop nutrients become available.

Vetiver extracts can Repel Termites. However, Vetiver Grass alone, unlike its Extracts, cannot be used to Repel Termites.



Vetiver's essential oil has anti-fungal properties against *Rhizoctonia solani*. The Roots contain a Chemical known as Benzoin, which is useful in Treating Headaches. In addition, Vetiver is also Extremely Effective in Curing Skin Complaints as well as assists in Diminishing Anxiety and Tension. The Essential Oil Extracted from Vetiver Roots possesses Tranquilizing Properties and helps in Treating Emotional Flare-ups such as Anxiety, Anger, Bouts of Epilepsy and Hysteria, Nervousness, and Restiveness.

Vetiver also possesses Antiseptic and Anti-Inflammatory Properties that are useful in Relieving the Swelling, Pain and Tenderness in the Nervous System. It is also very helpful for People Suffering from Arthritis, Rheumatism, Muscle Aches, Gout, Parchedness and Fissures on the Skin.  
Vinegar (Vinares):



Vinegar was discovered pretty much at the same time (about 10,000 years ago) as Wine Making as Vinegar is Wine that has turned Sour. Hippocrates, the Father of Modern Medicine, stated that one of the best substances that can be used for Medicinal Purposes.

There has been evidence to show that the consumption of Vinegar can reduce the chances of High Blood Pressure, and Vinegar is particularly Rich in Phenolic Compounds which enhances Antioxidant Protection and reduces Cancer Risk. Also having Vinegar in ones Diet also helps to regulate Imbalances in Blood Sugars that contribute to causing Diabetes.

Vinegar is recommended for all Health Uses, for everything from Insect and Jellyfish Stings to treating Athlete's Foot. Vinegar is both Soothing to the Skin (probably the reason why is Healed the Burns of my Landscaping Client Husband's Burns) and an Antifungal, and is applied twice a day, full strength, to areas affected by Athlete's Foot. A mixture of Apple Cider Vinegar and Water, with a Little Honey, is an effective Sore Throat Remedy. Remember to Brush your Teeth or at least Rinse your Mouth thoroughly afterwards, so the Acidity doesn't Damage your Teeth.

Vinegar preparation for Cleaning Ulcerations and for the Treatment of Sores. Oxymel, a popular Ancient Medicine composed of Honey and Vinegar, was prescribed for Persistent Coughs by

Hippocrates and his contemporaries, and by Physicians up to modern day. Vinegar is commonly recommended for treating Nail Fungus, Head Lice, and Warts, yet Scientific support for these Treatment Strategies is lacking.

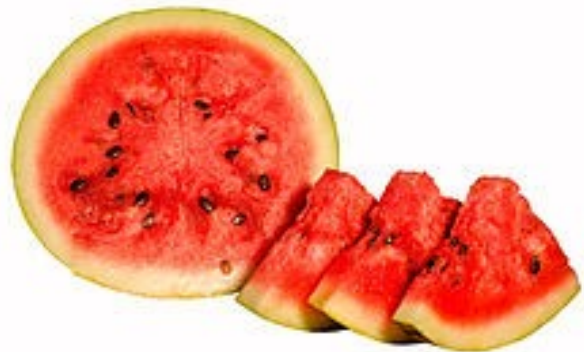
Although not a Treatment Modality, Vinegar Washes are used by Midwives in remote, poorly resourced locations (e.g., Zimbabwe and the Amazon jungle) to screen Women for the Human Papilloma Virus Infection.

White Vinegar is often used as a Household Cleaning Agent. Because it is Acidic, it can dissolve Mineral Deposits from Glass, Coffee Makers, and other Smooth Surfaces. With most such uses Dilution with Water is recommended for Safety and to avoid Damaging the Surfaces being Cleaned.

Sunburned or Dry, Itchy Skin can be relieved by using Vinegar, Partly Diluted if your Skin is Sensitive, and even added to your Bath Water. Use it as a Rinse after Shampooing your Hair.

When your Dog has had an encounter with a Skunk. Vinegar is more effective than Tomato Juice, and less expensive.

Water Melon (*Citrullus Lanatus*):



Belonging to the Cucurbitaceae family, watermelon also has a relation with the cantaloupe, pumpkin, squash as well as various different plants which also grow as vines on the soil. Watermelons can be found in various shapes and sizes. They may be round, spherical or oblong and have dense green crusts that are generally specked or striped. Their size may vary from not many pounds to a maximum of 90 pounds.

Having its origin in Africa, watermelon was cultivated for the first time in Egypt where people documented the evidences of this fruit's legacy in pictographs on the walls of buildings. The Egyptians held watermelons in such high esteem that they even put the fruit in the tombs of their numerous kings. Therefore, it is not very amazing at all to know that watermelons had a very important function in the lives of people in Egypt and later in other countries in the region of the Mediterranean.

Sometime around the 10th century, watermelons were introduced to China and subsequently to the countries in the Western Hemisphere shortly after the New World was discovered. Majority of the commercially supplied watermelons are cultivated in Russia, where people use this fruit to prepare a popular wine. Besides Russia, the major commercial watermelon cultivators are countries like the United States, China, Iran and Turkey.

Vitamin C strengthens your immune system and helps the body absorb iron, while vitamin A is crucial for skin and eye health. Watermelon is also rich in potassium, which works to lower blood pressure and supports nerve functioning, and vitamin B6, which helps the body break down the proteins that you eat and also boosts the immune system and nerve function.

The antioxidants present in watermelon facilitate in decreasing the acuteness of asthma. In addition, they also facilitate in lowering the risks of developing asthma, colon cancer, heart ailments, prostate cancer as well as rheumatoid arthritis.

Many people have also compared watermelon to Viagra vis-à-vis its actions on the sexual functioning in men. Watermelons have the aptitude to perk up the levels of nitric acid that facilitates the blood vessels to unwind.

Lycopene is a natural compound found in watermelon and other fruits and vegetables that has antioxidant properties. Also, consuming foods with lycopene may reduce your risk for heart disease and stroke.

The water and vitamins A, B6, and C in watermelon help your skin stay soft, smooth, and supple. Vitamin C boosts collagen production, which improves skin elasticity and blood flow to the skin.

Watermelon is also brimming with nutrients that support our overall eye health and may help prevent age-related vision disorders.

Getting a variety of essential vitamins and minerals is one key to a strong immune system, and watermelon fits the bill.

The Wheat (*Triticum Aestivum*):



Wheat, which originally came from South-Western Asia, is a term defining the Herbs from the Triticum Genus. In the World it Ranks Second after Corn at the number of Farms which Grow Wheat. In Ancient Times, Wheat Grains were Eaten Raw, later they were Fried or Boiled in Water under the form of Flat Cakes. More recently it became a Main Aliment in the Occidental Culture, being today used for Preparing Numerous Types of Food.

The Young Stems, known as Wheat Grass, are used in the Treatment of Biliouness and Intoxication. They are used in the Treatment of Malaise, Sore Throats, Thirst, Abdominal Coldness, Spasmic Pain, Constipation and Coughs. Wheat Grass also has



Anticancer Properties. Germinated Wheat Grass contains 2 or 3 times more vitamin B than Full Grown Wheat. The Green Wheat Juice has a Strong Detoxifying Effect on the Body, which is why it has to be consumed on an Empty Stomach.

The Ash of Burnt Wheat is used to Remove Skin Blemishes. The Grains is an Antipyretic and a Sedative. The Light Grain is an Antihydrotic. It is used in the Treatment of Night Sweats and Spontaneous Sweating. The Grain is said to contain Sex Hormones and has been used in China to Promote Female Fertility.

Wheat is used to Treat Anemia, and Tuberculosis. It helps with Pregnancy, and Breastfeeding. Wheat is useful fighting against Cholesterol, because it contains Fat Essential Acids which Prevent the forming on Blood Vessel's Walls.

The Wheat Straw has many uses such as a Biomass for Fuel, for Thatching, as a Mulch in the Garden. A Fibre obtained from the Stems is used for making Paper. The Straw is Harvested in Late Summer after the Seed has been Harvested, they are cut into usable pieces and Soaked in Clear Water for 24 hours. They are then Cooked for 2 hours in Lye or Soda Ash and then beaten in a Ball Mill. The Fibers make a Green-Tan Paper. The Starch from the Grain is used for Laundering.

Of Wheat, Nicholas Culpeper wrote:

"The oil pressed from wheat, between two thick plates of iron, or copper heated, heals all tetters and ring-worms, being used warm. The green corns of Wheat being chewed, and applied to the place bitten by a mad dog, heals it; slices of Wheat bread soaked in red rose water, and applied to the eyes that are hot, red, and inflamed, or blood-shotten, helps them. Hot bread applied for an hour, at times, for three days together, perfectly heals the kernels in the throat, commonly called the king's evil. The flour of Wheat mixed with the juice of henbane, stays the flux of humours to the joints, being laid thereon. Wheat flour, mixed with the yolk of an egg, honey, and turpentine, doth draw, cleanse and heal any boil, plague, sore, or foul ulcer. The bran of Wheat meal steeped in sharp vinegar, and then bound in a linen cloth, and rubbed on those places that have the scurf, morphew, scabs or leprosy, will take them away, the body being first well purged and prepared. The decoction of the bran of Wheat or barley, is of good use to bathe those places that are bursten by a rupture; and the said bran boiled in good vinegar, and applied to swollen breasts, helps them, and stays all inflammations."

The White Poplar (*Populus Tremuloides*):





White poplar is a Small, Short-Lived Tree Growing up to 40 feet tall. White Poplar has a Smooth, nearly White Bark that Roughens and Darkens with Age. Roundish-Oval Leaves, which Flutter in a Slight Breeze, are Borne on Slender Flattened Leafstalks. Various North American Aboriginal Natives ate the Inner Bark of White Poplar or Drank the Syrup Derived from it as a Spring Tonic or Energy Source. The Bark is Harvested from Side Branches and Dried for later use.

The Stem Bark is an Anodyne, Anti-inflammatory, Antiseptic, Astringent, and Tonic. It has been Employed as a Diuretic in Urinary Afflictions, Gonorrhea and Gleet. The Bark contains Salicylates, from which the proprietary Medicine Aspirin can be made from. It is used Internally in the Treatment of Rheumatism, Arthritis, Gout, Lower Back Pains. It is also good for Urinary Complaints, Digestive and Liver Disorders, Debility, Anorexia, and also to Reduce Fevers. The Bark is Boiled used as a Cough Medicine. In Feverish Colds and in Infections such as Cystitis, White Poplar is used as a Remedy.

The Bark's Significant Astringent and Antiseptic Qualities make it useful for Treating Diarrhea and the Symptoms of Irritable Bowel Syndrome. White Poplar is also used to Treat Urinary Tract Infections. As a Cholagogue White Poplar can be used to Stimulate Digestion and especially Stomach and Liver Function, particularly where there is Loss of Appetite.

It is also good for Expelling Worms.

It is also good for Relieving the Pain of Menstrual Cramps.

Externally, the Bark is used to Treat Chilblains, Haemorrhoids, Infected Wounds and Sprains.

The Leaves are used in the Treatment of caries of Teeth and Bones. The Twigs are a Depurative.

The Wild Indigo (*Baptisia Tinctoria*):



Wild Indigo was a Favourite Medicine of the North American Aborigines. A Decoction of the Roots being used as an Antiseptic Wash for Wounds and Skin Complaints. Modern Research has shown that this Acrid Bitter Herb Stimulates the Immune System and is particularly effective against Bacterial Infections.

A Tea made from the Roots is Cholagogue, Emetic, Febrifuge and Purgative. The Fresh Root is also considered to be an Antiseptic, Astringent and a Laxative. The Infusion is used in the Treatment of Upper Respiratory Infections such as Tonsillitis and Pharyngitis, and is also Valuable in Treating Infections of the Chest, Gastro-Intestinal Tract and Skin. The Plant's Antimicrobial and Immune-Stimulant Properties Combat Lymphatic Problems, when used with other Detoxifying Herbs, it helps to Reduce Enlarged Lymph Nodes. Wild indigo is Frequently Prescribed, along with Echinacea, in the Treatment of Chronic Viral Infections or Chronic Fatigue Syndrome.

A Decoction of the Root Soothes Sore or Infected Nipples and Infected Skin Conditions. When used as a Mouth Wash or Gargle the Decoction Treats Mouth Ulcers, Gum Infections and Sore Throats. The Fresh Root, including the Bark, is used to make a Homeopathic Medicine that is used especially in the Treatment of certain types of Flu. An Infusion of the Root of Wild Indigo was used by the Native Americans to Wash Cuts and Gaping Wounds and this Practice is followed even now. This Decoction has also been used to Treat other Skin Disorders. Wild Indigo has Antiseptic Properties and is Immensely Beneficial in Treating Fevers when they are accompanied with Injuries.

While Wild Indigo is Especially Beneficial in Curing Upper Respiratory Infections like Tonsillitis and Pharyngitis, the Herb is also very useful in Healing Contagions of the Chest, Gastrointestinal Tract and even the Skin.

This Species is related to the Tropical Plant Indigo (*Indigofera Tinctoria*) and, like that Species, contains a Blue Dyestuff in the Leaves. A Yellow Dye can also be obtained from the Plant. If the Growing Plant is Harvested and Hung Up, it is said to Repel Flies.

Wild Indigo does have some Contraindications and Caution is Advised in the Internal Use of this Plant, Large or Frequent Doses are Potentially Harmful.

The Wild Lettuce (*Lactuca Virosa*):



The Wild Lettuce is a Common Plant found all over Europe and normally Grows in the Open Areas as well as beside Roads and Pathways. The Plant is also known as the Compass Plant as its Leaves Change Direction to follow the Sun. Since Early Ages, the Wild Lettuce have enjoyed a Special Status as a Beneficial Therapeutic Plant and were Treasured as a Tranquilizer and Pain Killer. The Wild Lettuce Herb was Valued for such so much that during the 19th Century People used it as a Substitute for Mild Opium, but without its Tendency to Cause Digestive Upsets, nor is it Addictive. There is an Myth which goes that the Roman Emperor Augustus supposedly constructed a Statue of a Physician who had Recommended Wild Lettuce to Treat him of a Serious Ailment.

Concentrations of its Active Ingredient Lactucarium are Low in Young Plants and most Concentrated when the Plant comes into Flower. It is Collected Commercially by Cutting the Heads of the Plants and Scraping the Juice several times a day until the Plant is Exhausted. The Plant also contains "Hyoscyamine", a Powerful Depressant of the Parasympathetic Nervous System. An Infusion of the Fresh or Dried Flowering Plant can also be used.

The Whole Wild Lettuce Plant is Rich in a Milky Sap that Flows Freely from the Plant. This Sap Hardens and Dries when in contact with the Air. The Wild Lettuce Sap is used in medicine as an Anodyne, Antispasmodic, Digestive, and a Diuretic. It is also a Hypnotic, Narcotic and has Sedative Properties as well.

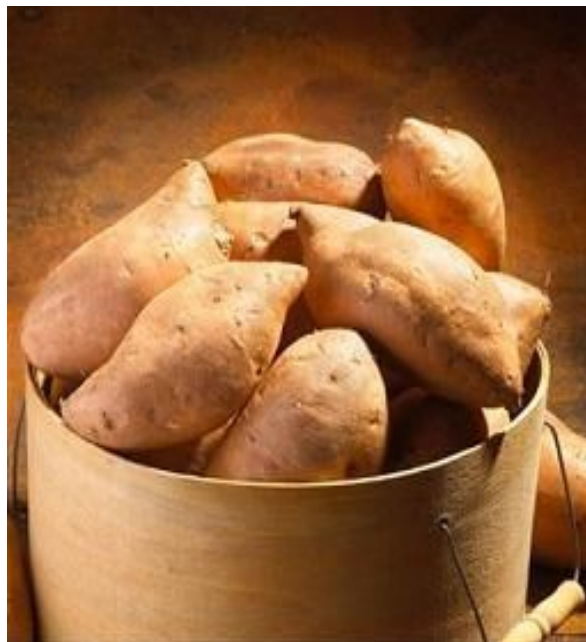
Wild Lettuce is also taken Internally in the Treatment of Insomnia, Anxiety, Neuroses, and Hyperactivity in Children. It is also good for Treating Dry Coughs, Whooping Cough, and Rheumatic Pain.

The Wild Lettuce Sap has also been Applied Externally in the Treatment of Warts. It is also made into a Lotion to that is used to Treat Chapped Skin and Sunburn.

A Homeopathic Remedy is made from the Plant. It is used in the Treatment of Chronic Catarrh, Coughs, Swollen Liver, Flatulence and Ailments of the Urinary Tract.

The Wild Lettuce does have some Major Contraindications and should be used with Caution, and never without the supervision of a Skilled Practitioner or Herbology. Even Normal Doses can cause Drowsiness whilst Excessive Amounts can cause Restlessness and Overdoses can cause Death through Cardiac Paralysis. Some Physicians believe that any Effects of this Medicine are caused by the Mind of the Patient rather than by the Medicine.

The Wild Yam (*Dioscorea Villosa*):



It is a Vine with a Natural and Hay-Like and is usually found in the Open Forests and Humid Grooves Mainly in the US. The 'Wild Yam' and Naturally Grows in the Region from Connecticut and New York, South of Florida, West of Texas and

Minnesota. Some Wild Yams that are Fleshy and are Rich in Carbohydrates, are consumed as Food in many places. On the other hand, the Other Varieties are gathered as they contain useful Glycosides, specially Botogenin and Diosgenin. Diosgenin and Botogenin Formed the Basis for Manufacture of Commercial Medicines. These Medications comprise Contraceptives, Modern Hormones, General Corticosteroids, Androgens, Estrogens, Progestogens as well as other Sex Hormones. The Root is Harvested in the Autumn and Dried for later use. The Root should not be Stored for Longer than 1 Year, since it is likely to Lose its Medicinal Virtues.

Wild Yam Roots, along with other Members of the Genus, contains Diosgenin. This is widely used in Modern Medicine in order to Manufacture Progesterone and other Steroid Drugs. These are used as Contraceptives and in the Treatment of Various Disorders of the Genitary Organs as well as in a host of other Diseases such as Asthma and arthritis. The Roots are an Anti-Inflammatory, Antispasmodic, Cholagogue, Diaphoretic and Vasodilator. They are also a Visceral Relaxant. This Herbal Plant affords one of the Best and Fastest Cures for Bilious Colic, it is especially helpful in Treating the Nausea of Pregnant Women and has been used to ease the Pain of Childbirth.

It is also taken Internally in the Treatment of Arthritis, Irritable Bowel Syndrome, Diverticulitis, Gastritis, Gall Bladder Complaints, and Painful Menstruation. Wild Yam is also Especially Helpful in the Nausea of Pregnant Women and during Child Birth. Valuable also in Treating Cholera, Cramps, Neuralgic Affections, Spasmodic Hiccups and Spasmodic Asthma. It is good for to have in ones Diet in order to Prevent the onset of Osteoporosis. Wild Yam is also Diuretic and Helpful in increasing the Urine Flow.

The Root is used to make a Homeopathic Remedy. Its Main Use is in the Treatment of Infant Colic.

This Herbal Root does have a Minor Contraindication as Caution is Advised in the use of the this Plant, when taken Fresh it can cause Vomiting and other Side Effects.

The Willow Tree (Salix Alba):





Since in my 2006 First Aid Course, it is mentioned that one is to quickly give a Heart Attack Patient a couple of Aspirin and the fact that my Father has had a Heart Condition where I sent an email to my Step Mother about how Aspirin is good for someone when they are having a Heart Attack, I decided to do some Herbological Research the White Willow, from which we get Aspirin.

The father of modern medicine was Hippocrates, who lived sometime between 460 B.C. and 377 B.C. Hippocrates was left Historical Records of Pain Relief Treatments, including the use of Powder made from the Bark and Leaves of the Willow Tree to help Cure Headaches, Pains and Fevers. By 1829, scientists discovered that it was the compound that they called Salicin in Willow Plants which gave you the pain relief. Then in 1899, a German Chemist named Felix Hoffmann, who worked for a German Company called Bayer, rediscovered the Salicin Formulation. Felix Hoffmann then made some of the Formula and gave it to his Father who was suffering from the Pain of Arthritis. Having good results, Felix Hoffmann then convinced Bayer to market the New Wonder Drug. Aspirin was then patented on February 27, 1900.



The use of Willow Bark dates back thousands of years, to the time of Hippocrates (400 BC) when Patients were advised to chew on the bark to reduce Fever and Inflammation. Willow Bark has been used throughout the Centuries in Ancient Texts from Assyria, Sumeria, Egypt, China and Europe as a remedy for Aches and Fever, and continues to be used today for the treatment of Pain (particularly Low Back Pain and Osteoarthritis), Headache, and Inflammatory conditions such as Bursitis and Tendonitis.

Studies have identified several other components of Willow Bark that have Antioxidant, Fever-reducing, Antiseptic, and Immune-Boosting Properties. Some studies have shown Willow is as effective as Aspirin for Reducing Pain and Inflammation (but not fever), and at a much lower dose.

The Medicinal part of the Willow Tree are the Bark and Buds. There are a few different ways to prepare it. First, it is best to collect the Bark in Springtime. One preparation option would be to Boil the Bark for at least 20 minutes, then either take Internally or as a Poultice. A Decoction can be made by Soaking up to Three Teaspoons of Bark in One Cup of Cold Water for up to Five Hours, and then Boil down to a Potent Formula. To intake this you should take One Cup Unsweetened, no more than one a day. A Decoction of Willow can be used to help with Mouth Problems, ie. you can gargle with it to help with inflammations of the Gums and Tonsils. A Decoction can also be used externally for Sores, Burns, and Cuts.

To make a Cold Extract, soak One Teaspoon of Bark in One Cup of Cold Water for up to Ten Hours and Strain. You can take it in Powder Form by taking One to One and One-Half Teaspoons, Three Times a day. If taking a Tincture, use Ten to Twenty drops as needed Daily. It is recommended that when intaking a Hot Willow Drink says that it is important that it is taken in Large Gulps, not small sips.

And Willow Bark has Mystical Magical Properties too. A Druidic Sacred Tree, the Willow is a Moon Tree Sacred to the White Lady. It's Groves were considered so Magical that Priests, Priestesses and all types of Artisans sat among these Trees to gain Eloquence, Inspiration, Skills, and Prophecies.

Of White Willow, Nicholas Culpeper wrote:

"Both the Leaves, Bark, and the Seed are used to stanch bleeding of Wounds, and at Mouth and Nose, spitting of Blood, and all other Fluxes of Blood in man or woman, and to stay Vomiting, and provocation thereunto, if the Decoction of them in Wine be drunk. It helpeth also to stay thin, hot, sharp, salt Distillations from the Head upon the Lungs causing a Consumption: The Leaves bruised with some Pepper and drunk in Wine, much helpeth the wind Chollick. The Leaves bruised and boyled in Wine and drunk staieth the heat of Lust in man or woman, and quite extinguisheth it, if it be long used; The Seed is also of the same effect. The Water that is gathered from the Willow when it flowreth, the Bark being slit, and a fitting Vessel set to receive it, is very good for redness and dimness of Sight, for films that grow over the Eyes, and stay the Rhewms that fall into them, to provoke Urin being stopped if it be drunk and to cleer the Face and Skin from Spots and Discolourings. Galen saith, The Flowers have an admirable faculty in drying up Humors, beeing a Medicine without any sharpness or corrosion: You may boyl them in white Wine, and drunk as much as you will (So you drink not your self drunk.) The Bark work the same effects, if used in the same manner, and the Tree hath alwaies Bark upon it though not alwaies Flowers: The Burnt ashes of the Bark, being mixed with Vinegar taketh away Warts, Corns, and Superfluous Flesh being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandriff by washing the place with it: 'Tis a fine cool Tree, The Boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

The Wintergreen (*Gaultheria Procumbens*):



Wintergreen is a shrub-like plant that grows up to six inches in height and bears Foliage round the Year. It is Native to the Americans and the North American Natives used it to Treat Painful Disorder of the Joints, Muscles, Connective Tissues and Rheumatism. Interestingly, during the time that the American Nationalists boycotted the British Tea during the American Revolution, that they used the Wintergreen Tea as a substitute.

Once acquainted with the properties of the Wintergreen Tea, the American Settlers also used it to Cure Headache, Muscle Pains and Colds. The Tea prepared from Wintergreen also helps in alleviating Flatulence and Colic.

The Essential Oil extracted from the Wintergreen Leaves have similar Properties of Aspirin and this clarified this Herb's Effectiveness in Alleviating Pains. These days, Herbalists world over suggest the External Application of Wintergreen Oil to Alleviate Excruciating Swellings owing to Injuries.

Wintergreen makes a good Flavoring Agent and has been used to add Taste to Candies, Cough Drops as well as Toothpastes.

Of the Wintergreen, Nicholas Culpeper wrote:

"an especial remedy for healing green wounds speedily, the green leaves being bruised and applied, or the juice of them. A salve made of the green herb stamped, or the juice boiled with hog's lard, or with salad oil and wax, and some turpentine added to it, is a sovereign salve, and highly extolled by the Germans, who use it to heal all manner of wounds and sores. The herb boiled in wine and water, and given to drink to them that have any inward ulcers in their kidneys, or neck of the bladder, doth wonderfully help them. It stays all fluxes, as the lask, bloody fluxes, women's courses, and bleeding of wounds, and takes away any inflammations rising upon pains of the heart; it is no less helpful for foul ulcers hard to be cured; as also for cankers or fistulas. The distilled water of the herb effectually performs the same things."

The Witch Hazel (*Hamamelis Virginiana*):



For centuries the Leaves & Bark of *Hamamelis Mollis* in China, *H. japonica* in Japan, *H. virginiana* in North America, & even the Asian hybrid cultivars *H. x intermedia* have all been used medicinally.

Both the Leaves and the Bark contain Tannic & Gallic Acids, besides Proanthocyanidins that have antiphlogistic (swelling-reducing) properties, and are used and is an Astringent, a Tonic, and it is a Sedative. It is good for helping heal External Bleedings. It is a Good Pain-Killer for Piles, and is useful for treating Bruises and Inflammation. Also helps cure Diarrhea, Dysentery and Mucous Discharges. It has long been used by the North American Indians as Poultices for Painful Swellings and Tumours. It has also been used for Treatment of Minor Burns & Abrasions.

A Tea made of the Leaves or Bark is good for bleeding of the Stomach and in complaints of the Bowels. An Ointment made of 1 part Fluid Extract of bark to 9 parts simple Ointment is also used as a Local Application, the concentration Hamamelin being also employed, mainly in the form of Suppositories and for Pads for Hemorrhoid Relief. However, it is not recommended to continually drink Witch Hazel Herbal Tea as the Tannins are Toxic to Kidneys & Liver.

Witch Hazel has been supposed to owe its utility to an action on the Muscular Fibre of Veins. The Distilled Extract from the Fresh Leaves and Young Twigs forms an excellent remedy for Internal or External uses, being beneficial for Bleeding from the Lungs and Nose, as well as from other Internal Organs. In the treatment of Varicose Veins, it should be applied on a Lint Bandage, which must be constantly kept Moist. a pad of Witch Hazel applied to a Burst Varicose Vein will stop the Bleeding and often save Life by its Instant Application.

Witch Hazel Hydrosol is used in Skin Care. It is a strong Anti-Oxidant as well as Astringent, which



makes it very useful in fighting Acne. It is often used as a Natural Remedy for Psoriasis, Eczema, Aftershave Applications, Ingrown Nails, to prevent sweating of the Face, Cracked or Blistered Skin, and Poison Ivy.

In cases of bites of Insects and Mosquitoes a pad of Cotton-Wool, moistened with Witch Hazel Extract and applied to the spot will soon cause the Pain and Swelling to subside.

Diluted with Warm Water, the Extract is used for Inflammation of the Eyelids.

The Wormwood (*Artemisia Absinthium*):



Primarily Native to Europe, Wormwood is a Perennial Shrub-Like Herb that has Grayish-White Colored Stems Wrapped with Delicate and Glossy Hairs. Wormwood is a Very Bitter Plant with a Long History of use as a Medicinal Herb. It is valued especially for its Tonic Effect on the Liver, Gallbladder and Digestive System, and for its Vermicidal Activity. This Herbal Plant is Harvested as it is coming into Flower and then Dried for later use.

It is an Extremely Useful Medicine for those with Weak and Under-Active Digestion. It increases Stomach Acid and Bile Production, Improving Digestion and the Absorption of Nutrients. It also eases Wind and Bloating and, if taken regularly, helps the Body Return to Full Vitality after a Prolonged Illness.

The Leaves and Flowering Shoots are an Anthelmintic, Anti-Inflammatory, Antiseptic, Antispasmodic, Antitumor. It is also a Carminative, Cholagogue, Emmenagogue, and a Hypnotic. It is as well a Stimulant, Stomachic, Tonic and Vermifuge. It is also a Nervine Tonic and it is particularly helpful against Falling Sickness and for Flatulence.

The Extremely Bitter Leaves are Chewed to Stimulate the Appetite. The Bitter Taste on the Tongue sets off a Reflex Action, Stimulating Stomach and other Digestive Secretions. The Leaves have been used with some success in the Treatment of Anorexia Nervosa.

The Wormwood Herbal Plant is Applied Externally to Bruises and Bites. A Warm Compress has been used to Ease Sprains and Strained Muscles.

A Tincture prepared from Wormwood may be helpful in Healing Fevers caused by Intestinal Parasites. For Effective use, put Ten Drops of the Wormwood Tincture with One Teaspoonful of Dark Honey or



Black Molasses.

Wormwood is Rich in an Essential Oil that has Powerful Functions against Fungus and Bacteria.

A Homeopathic Remedy is made from the Leaves. It is used to Stimulate Bile and Gastric Juice Production and to Treat Disorders of the Liver and Gall Bladder. Wormwood have also been used in Medical Examinations for Healing Hepatitis as well as Safeguard the Liver.

Of the Wormwood, Nicholas Culpeper wrote:

"The seeds of the common Wormwood are far more prevalent than the seed of this, to expel worms in children, or people of ripe age; of both some are weak, some are strong. The Seriphian Wormwood is the weakest, and haply may prove to be fittest for the weak bodies. If the liver be weak, a consumption follows; would you know the reason? It is this, A man's flesh is repaired by blood, by a third concoction, which transmutes the blood into flesh."

This Herb does have some Contraindications as this Herb should be used with Caution. This Herbal Plant should be taken only be Internally in Small Doses for Short-Term Treatment only under the Supervision of a Qualified Practitioner or Herbologist. It should not be Prescribed for Children or Pregnant Women.

The Yarrow (*Achillea Millefolium*):



According to Ancient Greek Mythology, Achilles was reported to have intensively used Yarrow to cure his wounds. Yarrow is a Perennial Herb. It is found World Wide and grows almost in all Places. Yarrow has a good Reputation and is widely employed in Herbal Medicine, administered both Internally and Externally. The Whole Plant is used, both Fresh and Dried, and is best Harvested when in Flower during the Summer. The Leaves, either Raw or Cooked. A rather Bitter Flavour, they make an acceptable addition to mixed Salads and are best used when young. The Leaves are also used as a Hop-Substitute for Flavouring and as a Preservative for Beer.

It is used in the Treatment of a very wide range of disorders but is particularly valuable for Treating Wounds, stopping the flow of Blood, Treating Colds, Fevers, Kidney Diseases, and Menstrual Pain. Containing Anti-Inflammatory and Antiseptic Unstable Oils as well as Astringent Tannins, Yarrow is very resourceful as a Medicinal Herb.

The Healing Properties in the Yarrow makes it a Versatile Remedy which when applied Externally is useful in Curing Cuts and Wounds, Burns and Ulcers as well as Swollen and Inflamed Irritated Skin. Resins present in Yarrow possess Astringent Properties, while the Silica that is in it helps in Repairing Damaged or Worn Out Tissues in the body. The Herb is also an Antispasmodic, a Mild Aromatic, an Astringent, a Carminative, a Cholagogue, a Diaphoretic, a Emmenagogue, a Stimulant, a Bitter Tonic, a Vasodilator and a Vulnery.

Yarrow is used with Elder Flowers and Peppermint to make Herbal Teas that are good for Severe Colds, being most useful in the commencement of Fevers, and in cases of Obstructed Perspiration. It opens the Pores freely and Purifies the Blood, and is recommended in the early stages of Children's Colds, and in Measles and other Eruptive Diseases. The Astringent feature of Yarrow makes it an useful medication in stopping Gastritis, Enteritis, Diarrhea and Dysentery as well as Impedes Hemorrhage, Varicose Veins, Hemorrhoids, Phlebitis and Thrombosis.

It also contains the Anti-Inflammatory Agent Azulene, though the content of this varies even between plants in the same Habitat. The Fresh Leaf can be applied direct to an Aching Tooth in order to relieve the Pain. A Decoction of the Whole Plant can be used to Treat Bleeding Piles, and is good for Kidney Disorders. Yarrow also helps to get relief from Painful Bladder Infections, Irritable Bladder, Stones and Irritation. In addition, Yarrow is useful in Soothing Painful Joints and also clears the Skin.

Taken as a daily preventative or at the first signs of an acute anxiety or panic attack, yarrow can help stabilize the nervous system and calm the body down. Yarrow tea is often recommended to be sipped before bedtime to induce a deeper and more peaceful sleep making it useful for those who have sleeping disorders.

The Growing Yarrow Plant Repels Beetles, Ants and Flies. The Plant has been Burnt in order to ward off Mosquitoes. Yarrow also has a Reputation also of being a Preventative of Baldness by Washing ones Hair with it.

Of Yarrow, Nicholas Culpeper wrote:

"It is under the influence of Venus. As a medicine it is drying and binding. A decoction of it boiled with white wine, is good to stop the running of the reins in men, and whites in women; restrains violent bleedings, and is excellent for the piles. A strong tea in this case should be made of the leaves, and drank plentifully; and equal parts of it, and of toad flax, should be made into a poultice with pomatum, and applied outwardly. This induces sleep, eases the pain, and lessens the bleeding. An ointment of the leaves cures wounds, and is good for inflammations, ulcers, fistulas, and all such runnings as abound with moisture."

It does have some Contraindications as some caution should be exercised in the use of this Herb since Large or Frequent doses taken over a long period may be potentially harmful, causing Allergic Rashes and making the Skin more sensitive to Sunlight.

The Yellow Cedar (Thuja Occidentalis):



Yellow Cedar is a tree reaching 30 to 60 feet tall with Horizontal Branches and Scale Like Green Needles. This Aromatic Evergreen Tree has Small Terminal

Flowers, which are either Dark Brown or Yellow Green. Many Native American Peoples Prized Arbor Vitae as a Medicine for Fever, Headaches, Coughs, Swollen Hands, and Rheumatic Problems. Thuja was Burned as a Smudge for its scent and to Ward Off Evil Spirits. The Leaves and Young Twigs can be Harvested as Required and Used Fresh or Dried.

The Yellow Cedar has an Established Antiviral Activity and is Most Commonly Used in Modern Herbalism to Treat Warts and Polyps, being Prescribed both Internally and Externally for these Conditions. The Recently Dried Leafy Young Twigs are an Alterative, Anthelmintic, Anti-Inflammatory, and an Antiseptic. It is also an Aromatic, Astringent, Diaphoretic, Diuretic and an Emmenagogue. Yellow Cedar is used for Respiratory Tract Infections, and in Conjunction with Antibiotics, in the Treatment of Bacterial Skin Infections and Herpes Simplex.

The Yellow Cedar is used Internally in the Treatment of Cancer of the Uterus. A Tea made from the Leaves is used in the Treatment for Bronchitis and other Respiratory Problems, Colds, Headaches and as a Cough Syrup. The Decoction of Yellow Cedar has been used in Intermittent Fevers, Rheumatism, Dropsy, Coughs, Scurvy, and as an Emmenagogue. The Yellow Cedars Diuretic Properties make it useful in Treating Acute Cystitis and Bed Wetting in Children. The Leaves are used in Steam Baths in the Treatment of Rheumatism, Arthritis, and Colds.

A Tincture of the Leaves has been used in the Treatment of Warts, Piles, Bed Sores and Fungal Infections. "Oil of White Cedar" which obtained from the Leaves, is an Essential Oil that is an Antiseptic, Expectorant and Rubefacient. It is used Internally to Promote Menstruation and Relieve Rheumatism. The Oil also Stimulates the Heart and causes Convulsions in High Doses.

Externally, the Leaves are used as a Wash for Swollen Feet and Burns. Extracts of the Leaves can be Applied onto Painful Joints or Muscles easing Pain and Stiffness.

A Tea of the Inner Bark is used to Promote Menstruation and in the Treatment of Consumption and Coughs.

A Homeopathic Remedy is made from the Leaves and Twigs, gathered when the Tree is Flowering. It is used in the Household as a Treatment against Warts.

The Yellow Cedar does have a Major Contraindications as the Plant can be used to Induce Menstruation so should not be Prescribed for Pregnant Women. This Volatile Oil is Toxic and Poisoning from Overdoses has occurred, it should only be used under the Supervision of a Qualified Practitioner.

### The Yellow Dock (*Rumex Crispus*):



Yellow Dock is a Perennial Herb. The Herb Normally Grows around Four Feet above the Ground and Bears Willowy Leaves. Owing the Special Characteristic of the Leaves, Yellow Dock is also known as the Curly Dock. Although the Herb is Indigenous to Europe and some parts of Africa, it is now found in most places, including the United States. It may be found Growing in Abundance in Waste Places, Roadsides or even Dumps and Ditches. The Root is Harvested in Early Spring and Dried for later use.

Yellow Dock has a Long History of Domestic Herbal use. It is a Gentle and Safe Laxative, Less Powerful than Rhubarb in its Action so it is Particularly Useful in the Treatment of Mild Constipation. The Yellow Dock has Valuable Cleansing Properties and is useful for Treating a Wide Range of Skin Problems. All parts of the Yellow Dock can be used, though the Root is Most Active Medicinally. The Yellow Dock Roots are Rich in Iron Content and hence offer an Exceptional Medication for Anemia. The Yellow Dock Herb has earned a Reputation as a Reinvigorating Remedy owing to its Iron Content as well as its Beneficial Action on the Liver. Yellow Dock is intensively used for Curing General Weakness or Loss of Strength, Mental Stupor, Headaches, Convalescence, Depression as well as Irritability.



It is used Internally in the Treatment of Constipation, Diarrhoea, Piles, Rheumatism, and Bleeding of the Lungs. It is also good for Treating Scurvy, Jaundice, Various Blood Complaints and also Chronic Skin Diseases. The Seed is also used in the Treatment of Diarrhoea and Dysentery. Yellow Dock is also Beneficial for Curing Bowel Infections as well as Treating Stomach Ulcers. Sour Glycosides present in Yellow Dock Aids in assisting as well as Invigorating the Liver, Healing Poor Absorption of Nutrients by the body as well as Treating Flatulence. Additionally, the Yellow Dock Root also possess Diuretic Functions and is a Diuretic. It also Removes Toxins from the Body through the Urinary System. Yellow Dock Roots are also Beneficial for Healing Gout.

The Root is an Alterative, Antiscorbutic, Astringent, and Cholagogue. It is also a Depurative, Laxative and is a Mild Tonic. It can Cause or Relieve Diarrhoea according to the Dose, Harvest Time and Relative Concentrations of Astringents and Laxatives that are present.

Externally, the Root can be Mashed and used as a Poultice and Salve. It can also be Dried, Mashed into a Powder, and used as a Dusting Powder on Sores, Skin Ulcers, Psoriasis, Nettle Rash, Boils, Abscesses and Wounds. The Root has been used with Positive Effect to Restrain the Inroads made by Cancer.

A Honey Syrup prepared from Yellow Dock is an Efficient Medication for Alleviating Problems of the Upper Respiratory System like Emphysema, Bronchitis, and Asthma.

The Herb is also Beneficial for Women as it has been Extensively used for Healing Unbalanced Menstrual Cycles, Heavy Bleeding during Periods. Yellow Dock also helps Menstrual Pain and also as Fibroid Tumors in the Uterus.

A Homeopathic Remedy is made from the Fresh Root which is Harvested in the Autumn before Frost has touched the Yellow Dock Herbal Plant. It is only used in the Treatment of a specific type of Cough. A useful Homoeopathic Tincture is useful in Treating Itching Skin

Normally, when Yellow Dock is blended with other Cleansing Herbs like Burdock and Dandelion, the Herb is useful in Healing a wide range of ailments by significantly reducing the Toxic contents in the Body. In fact, most of the Ailments and disorders have their Genesis in the Toxics Accumulated in the System and so when these Noxious Substances are Removed it becomes Easier to Heal Conditions that affect the Skin as well as Fungal Infections.

Of the Yellow Dock, Nicholas Culpeper referred to it as just plain "Dock" or "Blood-Wort" and wrote:

"commonly called blood-wort, cleanseth the blood, and strengthens the liver; but the yellow dock-root is best to be taken when either the blood or liver is affected by choler. All of them have a kind of cooling (but not all alike) drying quality, the sorrel

being most cold, and the bloodworts most drying. Of the burdock, I have spoken already by itself. The seed of most of the other kinds, whether the gardens or fields, do stay lasks and fluxes of all sorts, the loathing of the stomach through choler, and is helpful for those that spit blood. The roots boiled in vinegar helpeth the itch, scabs, and breaking out of the skin, if it be bathed therewith. The distilled water of the herb and roots have the same virtue, and cleanseth the skin from freckles, morpew, and all other spots and discolourings therein. All docks being boiled with meat, make it boil the sooner; besides, blood-wort is exceeding strengthening to the liver, and procures good blood, being as wholesome a pot-herb as any that groweth in a garden; yet such is the nicety of our times, forsooth, that women will not put it into a pot, because it makes the pottage black; pride and ignorance (a couple of monsters in the creation) preferring nicety before health."

Yellow Dock does have some Contraindications as some Caution is advised in its use since Excessive Doses can cause Gastric Disturbances, Nausea and Dermatitis.

Ylang-Ylang (*Cananga Odorata*):



The name Ylang-Ylang is believed to come from 'Alang-Ilang' the Philippine dialect meaning 'Hanging' or 'Fluttering' which describes the Large Drooping Flowers. This Large Tropical Tree is believed to be Indigenous to the Philippines. The Trees were introduced to Madagascar and other Indian Ocean Islands in around 1770. Large Plantations were established on Reunion Island. Here the Low Yield and Poor Quality Oils from the Wild Tress were progressively improved by Selective Breeding.

At the turn of the Century, the Trees were introduced to the Islands around Madagascar in particular Nossi-Be and the Comoros.

People in Indonesia Spread the Flowers of this Tree on the Beds of Newly Married Couples. On the other hand, People in the Philippines use Ylang Ylang Flowers along with Sampaguita Flowers to make a Garland, which is worn by Women. In addition, Ylang Ylang Blooms are also used to Decorate Religious Statues and Photographs.

Ylang Ylang Flowers are Effective in Combating Depression as well as unwinding the Body and the Soul. In this way, the Aroma of these Flowers helps to provide Relief from Chronic Stress, Sadness and Anxiety. In addition, these Flowers also help to Improve One's Mood and induce Happiness and Hope. Ylang Ylang Flowers may also be useful in Treating People enduring Nervous Breakdowns and/ or Severe Depression

The Large Fresh Flowers are Steam Distilled or Solvent Extracted. Ylang is a Clear to Straw Yellow Oil. Top Grades should have a Sweet Heavy Floral Fragrance. The Different Grades depend on the length of Distillation Time. The Best Grade called 'Extra' is the first from the Still. The Top Grade is followed by 1st, 2nd and 3rd.. The Lowest Grade is perfectly acceptable for things like Soaps but it is not very good for Aromatherapy or Perfumery. Sometimes the Grades are Blended to provide what is known as 'Ylang Complete'.

This Essential Oil is said to be Effective in alleviating High Blood pressure (Hypertension), Stabilizing Sebum Secretion to Cure Skin Complaints. Ylang Ylang Essential Oil is also Effective for Treating all Wounds, such as Abrasions and Cuts as well as Burn Injuries that are accompanied with the risks of the Wound turning out to be Septic owing to a variety of Infections by Bacteria. At the same time, Ylang Ylang Essential Oil promotes Hair Growth and also keeps your Hair Healthy.

A few Drops of the Oil may be used for the same purposes as 'Massage' or simply for a Soak in a Bath containing a Mentally Uplifting Luxurious Fragrance. This Oil has been widely used to Relieve Stress Induced Ailments such as Hyperventilation, Depression, Anxiety, Hyper-Activity. It may also assist in lowering High Blood Pressure if it is Stress Related. It may calm a Rapid or Uneven Heartbeat if this is due entirely to Stress. It has a reputation for aiding Male Impotence or Female Frigidity if these Conditions are associated with Stress or Anxiety.

The uses of Traditional Malay or Filipino Medicine of the Ylang Flowers are not well Recorded. The Distilled Essential Oil seems to have been Produced Primarily for the Perfumery and Cosmetics Trade who still control most of the Production Sources.

A 10% Solution of Ylang Oil has been Tested on Humans with Normal Skin and No Adverse Reactions Occurred. It may cause Skin Irritation in Individuals who are

Sensitive to certain Perfumes and Cosmetics. This Problem with Ylang seems to be more common in Japanese People.

This Oil may be used in Oil Heaters. But better Results will be forthcoming using Pumped Diffusers. The Oil may be added to Pot Pourri but only a Drop or Two as some People dislike the Concentrated Fragrance.

10 Drops of Ylang Oil which is Diluted in 5ml of Fractionated Coconut Oil makes an excellent Personal Perfume. Applied to the Skin, this Fragrance can last for several Hours and is a Good Way of Enhancing a Special Night Out, a Party or when Seduction is in the Air.

## **Hazardous, Poisonous Or Toxic Herbs:**

In the Previous Section of this E-Book, I listed off a lot of Herbs that have Contraindications and what sort of Cautions that must be exercised with handling them. But there are a lot of other Herbs that are Plants that one should be Cautious of that are not listed in the De Materia Medica Section.

I would also like to say at this point that one of the things that one must keep in mind is that one should never ever consume a Plant or Herb without Positively Identifying it first and making sure that it is definitely Not Hazardous.

So below are mentioned the Names of a few Toxic Plants and Herbs and what sort of Toxic Affects of various Plants that should be handled with care. Of course, this is only a short list of Toxic as there are many more that is not mentioned in this E-

Book similarly as there are many Good Herbs that I have not been able to include in this E-Book.

They are:

Alkanet (*Anchusa Officinalis*):

Also known as Bugloss, there is Evidence that alkanet may cause Cancer.

Apple of Sodom (*Solanum Linnaeanum*):

Also known as Devil's Apple or Poison Apple, all parts of this Plant is Poisonous, but the Yellow Fruits are Extremely Poisonous.

Bird's Foot Trefoil (*Lotus Corniculatus*):

Leaves and Flowers contain Cyanide which may cause Paralysis, Convulsions, Coma and Death.

Bittersweet Nightshade (*Solanum Dulcamara*):

Also known as Felonwort or Woody Nightshade, the Whole Plant is Poisonous and can only be prescribed by Practicing Physicians.

Black Locust (*Robinia Pseudoacacia*):

The Smooth Dark Brown Pods with are about 8 to 10 cms long contains Poisonous Seeds that can cause Vomiting, Nausea, and Dizziness and may Dangerously Slow The Heart.

Blackberry Nightshade (*Solanum Nigrum*):

The Leaves and Green Fruits are Highly Poisonous.

Burrawang (*Macrozamia Communis*):

Also known as Wild Pineapples, the Fruits, Seeds, and Leaves of this Plant are Poisonous. Australian Farmers have eradicated the Palm-Like Tree in many Regions because of the problems of their Livestock always Mistakenly Eating them which causes the Debilitating Disease known as "Staggers".

Carolina Jasmine (*Gelsemium Sempervirens*):

Also known as Evening Trumpet Flower, Woodbine, or Yellow Jasmine, all parts of the Carolina Jasmine contain Toxic Alkaloids that can cause Paralysis and Death.

Castor Oil Plant (*Ricinus Communis*):

Also known as Castor Oil Bean, the Tiny Pale Flowers are followed by Spiny 3 Lobed Capsules which split when Ripe to eject the Shiny Mottled Seeds. The Seeds contain Extremely Toxic Ricin and should not be Swallowed.

Caustic Bush (*Sarcostemma Australe*):



Also known as Caustic Vine, Milk Bush, Milk Vine or Snake Plant, all parts are Poisonous if applied to the Eyes, Sensitive Skin or taken Internally.

Chinese Lantern (*Physalis Alkekangi*):

Also known as Swallow Wort or Tetterswort, the Juice can cause severe Irritation of the Mucous Membranes and is also a Central Nervous System Depressant. Skin Irritations results from handling Crushed Parts of this Plant.

Coca Plant (*Erythroxylon Coca*):

A Narcotic Plant whose uses can cause Addictions and problems with the Cardiovascular System. Its use should always be avoided at all times.

Common Box (*Buxus Sempervirens*):

Also known as Boxtree or Boxwood, the Leaves contain Poisonous Substances and have caused Animal Deaths.

Common Fumitory (*Fumaria Officinalis*):

Also known as Earth-Smoke, Hedge Fumitory, or Wax Dolls, Large Doses cause Stomach Aches and Diarrhoea.

Common Oleander (*Nerium Oleander*):

All Part are Highly Poisonous and many Deaths have been caused by the Ingestion of Leaves, Flowers, Bark and Roots. People have been rendered Unconscious after Inhaling Smoke from the Burning Plant. All Parts of the Plant Ooze Thick Milky Sap when Cut and this Burns the Eyes and Mouth.

Common Thornapple (*Datura Stramonium*):

Also known as Datura, False Castor Oil or Stramonium, the Whole Plant is Poisonous. Symptoms include Dry Mouth, Dilated Pupils, Reddening of the Face and Neck, Abnormally Rapid Heartbeat, and Delirium.

Crab's Eye (*Abrus Precatorius*):

Also known as Jequirity Bean, its Small Mauve Pea Pods appear on Short Spikes each containing several Smooth Ovoid Seeds which are Scarlet with a Black Patch at one end. Seeds are Extremely Poisonous.

Daffodil (*Narcissus Pseudonarcissus*):

Also known as Lent Lily, its Bulbs are sometimes mistaken as being Onions, are Toxic and may cause Death. Symptoms include Salivation, Vomiting, Contraction of the Pupils.

English Ivy (*Hedera Helix*):

Also known as True Ivy, the Berries and Large Quantities of the Whole Plant may cause Poisoning.

English Yew (*Taxus Baccata*):

All parts of this Tree is Poisonous. The Leaves and Seed contain Taxine, a Heart Stopping Alkaloid that has Killed many Children who accidentally Ingested it.

Ergot (*Kavuceos Purpurea*):

Also known as Ergot of Rye, It can be Fatal and Smaller Doses can cause Abortions, Convulsions, and Gangrene.

European Mountain Ash (*Sorbus Aucuparia*):

Also known as Quickbeam or Rowan Tree, the Fruits contain a Parasorbic Acid which causes Cancer.

Forget-Me-Not (*Myosotis Scorpioides*):

Also known as Scorpion Grass, it is Carcinogenic is taken for a Long Period of Time.

Giant Stinging Tree (*Dendrocnide Excelsa*):

Hairs on the Leaves, Stems and Fruits Sting Very Painfully. This Plant Delivers Excruciating Pain when its Stems, Leaves and Foliage are Touched.

Gromwell (*Lithospermum Officinale*):

Also known as Pearl Plant or Stoneseed, all parts of this Plant is Highly Toxic and should not be taken without Medical Supervision.

Gutta Percha Tree (*Excoecaria Parvifolia*):

Also known as Mangrove or Manyingilia, it should not be taken Internally. The Milky Sap is Extremely Poisonous and should be kept away from the Eyes, Mouth and Sensitive Skin.

Hemlock (*Conium Maculatum*):

All parts of this Tree are Poisonous, especially the Seeds and Roots. The Leaves emit a Sour Mousy Odour when Crushed. The Stems are noticeable by their Purple Spots or Blotches. Many People have been Fatally Poisoned by this Plant.

Herb Mercury (*Mercurialis Annua*):

Also known as Annual Mercury, Boys-and-Girls, and Mercury. It is a Strong Laxative and may cause Sever Gastroenteritis.

Kawakawa (*Macropiper Excelsum*):

Also known as New Zealand Pepper Tree, it has the Alkaloid Myristicin found in the Leaves can be Dangerous if taken in Large Quantities.

Larkspur (*Delphinium Ajacis*): Also known as Rocket Larkspur, and is in Europe and North America. It frequently causes the Death of Livestock that accidentally Eat them while Grazing. They contain Poisonous Compounds related to those of Aconite.

Marsh Marigold (*Caltha Palustris*):

Also known as American Cowslip, Kingcup, and May Blob. Do Not Eat the Raw Leaves! They cause Violent Gastritis and are Toxic to the Heart. External Application of the Leaves can cause Blistering.

Mexican Tea (*Chenopodium Ambrosioides*):

Also known as Antweed, Jesuit Tea, Stinking Weed and Wormseed, all parts of this Plant may be Fatal. Symptoms include Nausea, Dizziness, Convulsions and Paralysis.

Milky Pine (*Alstonia Scholaris*):

Also known as Bitter Bark, Devil's Tree, Dita Bark, White Cheesewood, White Pine and Whitewood, the Sap from the Bark or Leaves have Toxic Effects.

Monkshood (*Aconitum Napellus*):

Also known as Aconite and Wolfsbane, all parts are Poisonous. The Root yield the Highly Toxic Alkaloid Aconitine. People have Died a very quick Death after using this Herb and Livestock have succumbed to it after accidentally grazing the Leaves and Flowers.

Northern Pandanus (*Pandanus Spiralis*):

Also known as Breadfruit, Pandanus Palm, Screw Palm, or Screw Pine, the Wedge-Shaped Orange-Red Fruits are borne in Large Clusters. The Raw Fruit of the Pandanus Burns the Mouth and Throat when Chewed.

Petty Spurge (*Euphorbia Peplus*):

Also known as Cancer Weed, Milkweed, Radium Plant, and Wart-Weed, the Milky Sap is Toxic, particularly when in contact with the Eyes causing Inflammation and Temporary Blindness. It should never be taken Internally.

Pigweed (*Portulaca Oleracea*):

Also known as Munyeroo, Portulaca, or Purslane, it may cause Oxalate and Nitrate Poisoning if taken in sufficiently Large Amounts.

Pink Periwinkle (*Catharanthus Roseus*):

Also known as Madagascar Periwinkle, it is an Anti-Carcinogenic which may produce some Serious Side Effects.

Pituri (*Duboisia Hopwoodii*):

Concentrated Dosages of Pituri may cause serious Narcotic Effects.

Prickly Poppy (*Argemone Mexicana*):

Also known as Devil's Fig, Mexican Poppy, Thorn Poppy, or Yellow Thistle, it has Spiny Toothed Leaves that are Stalkless and are often Blotched with White. Yellow or Orange Flowers are followed by Prickly Seed Pods. Prickly Poppy and its Seeds are Most Poisonous and may cause Oedema and Glaucoma.

Privet (*Ligustrum Vulgare*):

Also known as Common Privet or Prim, it has Numerous White Flowers followed by Black Berries. The Fruits and Leaves can cause Gastrointestinal Irritation, Liver Damage and may Lower Blood Pressure.

Queensland Black Bean (*Castanospermum Australe*):

Also known as Moreton Bay Chestnut, it has Scarlet and Yellow Pea-Like Flowers appear in Clusters along the Branches followed by Large Green Bean like Pods, each containing 3 to 6 Massives Seeds. The Seeds can cause Severe Diarrhoea and Vomiting.

Redhead Cotton Bush (*Asclepias Curassavica*):

Also known as Blood Flower, this Plant contains Poisonous Glycosides.

Scarlet Rhus (*Toxicodendron Radicans*):

Also called the Japanese Wax Tree or Sumuch, this Plant irritates the Skin when touched. One can suffer Irritations and Swellings of the Skin. Sensitivity does increase over the years too.

Southern Kangaroo Apple (*Solanum Aviculare*):

Also known as Poroporo, all parts are Highly Poisonous.

Spindletree (*Euonymus Europaeus*):

Also known as European Spindletree, all parts of this Tree contain Violent Laxative Properties, and should not be taken without Professional Advice.

Sweet Woodruff (*Galium Orodata*):

Also known as Waldmeister, the Tea in Large Doses may cause Dizziness and Symptoms of Poisoning, such as Vomiting.

Viper's Bugloss (*Echium Vulgare*):

Prolonged Usage can cause Liver Damage.

White Cedar (*Melia Azaderach*):

The Fruits are Very Poisonous. Native to Australia, Asia and Africe. It has Sprays of Lilac Flowers which develop into Green Fruits when Ripening and dropping as Yellow Fruits where Children find them and Die after accidentally Eating them.

Wintersweet (*Acokanthare Oblongifolia*):

The Leaves, Bark and Fruit are Poisonous. A South African Plant, its Stems Ooze Milky Sap when cut. The Starry Frangrant Flowers turn into Succulent Reddish or Purplish Fruits.

Wireweed (*Polygonum Aviculare*):

Also known as Hogweed, or Knotweed, it causes Intestinal Disturbances if eaten Raw.

Wood Sorrel (*Oxalis Acetosella*):

Also known as Shamrock, Sour Trefoil, True Wood Sorrel, or White Wood Sorrel, its Leaves contain Oxalic Acid which causes Diarrhoea, Kidney Stones, Kidney Failure or Hemorrhaging if taken Internally in Very Large Amounts.

Yellow Flag (*Iris Pseudacorus*):

Also known as Water Iris, Yellow Iris, or Yellow Water Flag, the Rhizome and Root may cause Stomach Aches, Intestinal Pain, Nausea, and Vomiting.

Yellow Oleander (*Thevetia Peruviana*):

All parts are Poisonous, the Seeds in particular. The Flowers mature into Apricot-Sized Fruits which turn from Green to Shiny Black. One of the Toxins produced by the Plant is a Cardiac Glycoside called Thevetin A whose Side Effects are too Dangerous to used in Cardiac Medicine.

## Herbal Medicine Glossary Of Terms:

### **Abortifacient::**

A Substance or Herb that Induces Abortion.

### **Agues::**

A Febrile Condition in which there are alternating periods of Chills, Fever and Sweating. Used chiefly in reference to the Fevers associated with Malaria.

### **Alopecia:**

A Health Condition in which Hair is Lost from some or all areas of the Body.

### **Alterative:**

A Herbological Treatment or Medication that Restores Health to Normal.

### **Amenorrhoea:**

A Abnormal Health Condition that Suppresses or causes an Absence of Female Menstruation.

### **Anodyne:**

A Herbal Medication that is Capable of Soothing or Eliminating Pain.

### **Anorexia Nervosa:**

A Psycho Physiological Disorder usually occurring in Young Women that is characterized by an Abnormal Fear of becoming Obese, a Distorted Self-Image, a Persistent Unwillingness to Eat, and Severe Weight Loss.

### **Anthelmintic::**

An Agent that Destroys or Causes the Expulsion of Parasitic Intestinal Worms.

### **Antibilious:**

A Substance which helps Remove Excess Bile from the Body. It aids in cases of Biliary and Jaundice Medical Conditions.

### **Antidote:**

A Remedy or Other Agent used to Neutralize or Counteract the Effects of a Poison.

### **Anti-Inflammatory:**

A Herbal Medication that Prevents or Reduces Inflammation.

### **Antiphlogistic:**



A Herbal Medication that Reduces Inflammation or Fever.

**Antiseptic:**

A Herbal Substance that is a Sterilant that Eliminates Germs that are Capable of Causing Infection by Inhibiting the Growth of Microorganisms.

**Antispasmodic:**

A Herbal Medication that Relieves or Prevents Smooth Muscle Spasms.

**Antivinous:**

A Herbal Medication that Treats Addiction to Alcohol.

**Aperient:**

A Mild Laxative.

**Appetizer:**

A Herbal Food or Drink that Serves to help Stimulate the Appetite.

**Asthma:**

A Chronic Respiratory Disease often arising from Allergies, that is Characterized by sudden Recurring Attacks of Labored Breathing, Chest Constriction, and Coughing.

**Astringent:**

A Herbal Medication that helps to Draw Together or Constricts Body Tissues and is effective in stopping the Flow of Blood or Other Secretions from possible Cuts or Wounds.

**Atonic:**

A Pathogen that causes a Lack of Muscle Tone.

**Bitter:**

A Herbal Medication that Causes Sharp Unpleasant, Painful or Stinging Harsh Sensation.

**Blepharitis:**

A Medical Condition that Causes Inflammation of the Eyelids.

**Bronchial Catarrh:**

A Cough from Bronchitis that produces Moist Sputum.

**Catarrh:**

A Inflammation of Mucous Membranes, especially of the Nose and Throat.

**Cathartic:**

A Herbal Medication that is a Laxative that Purges the Bowels.

**Cardiac:**

A Herbal Medication that helps to Cure Circulatory System.

**Carminative:**

A Herbal Medication that induces the Expulsion of Gas from the Stomach or Intestines.

**Chilblains:**

A Medication Condition that causes Inflammation of the Hands and Feet caused by Exposure to Cold and Moisture.

**Cholagogue:**

A Herbal Medication that Promotes the Flow of Bile from the Gall Bladder into the Duodenum.

**Cicatrization:**

A Skin Cut or Abrasion that Heals resulting in Scar Tissue.

**Cirrhosis:**

A Chronic Disease of the Liver characterized by the replacement of normal tissue with fibrous tissue and the loss of functional liver cells. It can result from alcohol abuse, nutritional deprivation, or infection especially by the hepatitis virus.

**Colitis:**

A Medical Condition that causes Inflammation of the Colon.

**Consumption:**

A Medical Condition that causes a Progressive Wasting of Body Tissue.

**Contraceptive:**

A Herbal Medication that works to Prevent Pregnancy.

**Cystitis:**

A Medical Condition that causes Inflammation of the Urinary Bladder.

**Debility:**

A Medical Condition that causes a State of being Weak or Feeble.

**Demulcent:**

A Herbal Medication that is a Soothing Substance that Relieves Pain in Inflamed or Irritated Mucous Membranes.

**Deobstruent:**

A Herbal Medication that Removes Obstructions from the Natural Fluid Ducts of the Body.

**Depurative:**

A Herbal Medication that Purges and Purify the Body.

**Detergent:**

A Herbal Medication that is Administered to help with the Removal of Respiratory Tract Secretions from Airway Wall.

**Diaphoretic:**

A Herbal Medication that causes one to Perspire.

**Digestive:**

A Herbal Medication that Contributes to the Process of Digestion.

**Diuretic:**

A Herbal Medication that causes Stimulation to the Kidney that Increases the Production of Urine.

**Diverticulitis:**

A Medical Condition that causes Inflammation of the Diverticulum or Diverticula in the Intestinal Tract that causes Fecal Stagnation and Pain.

**Dysmenorrhoea:**

A Medical Condition that causes Painful Menstruation.

**Dyspepsia:**

A Medical Condition that causes Disturbed Digestion and Indigestion.

**Emetic:**

A Herbal Medication that Causes Vomiting.

**Emmenagogue:**

A Herbal Medication that Induces or Hastens Menstrual Flow.

**Emollient:**

A Herbal Medication that Softens or Soothes the Skin.

**Enteritis:**

A Medical Condition that causes Inflammation of the Intestinal Tract, especially of the Small Intestines.

**Enterocolitis:**

A Medical Condition that causes Inflammation of both the Small Intestine and the Colon.

**Erysipelas:**

An Acute Disease of the Skin and Subcutaneous Tissue caused by a Species of Hemolytic Streptococcus and marked by Localized Inflammation and Fever. Also called "Saint Anthony's Fire".

**Expectorant:**

A Herbal Medication that Promotes or Facilitating the Secretion of Expulsion of Phlegm, Mucus, or other matter from the Respiratory Tract.

**Febrifuge:**

A Herbal Medication that Reduces Fevers.

**Felons:**

A Painful Purulent Infection at the end of a Finger or Toe in the area surrounding the Nail.

**Galactagogue:**

A Herbal Medication that is used to Increase the Production of Milk in Human and other Animals.

**Gastro-Enteritis:**

A Medical Condition also known as Stomach Flu and is caused by Inflammation of the Gastrointestinal Tract, involving both the Stomach and the Small Intestines and results in Acute Diarrhea. It can be Transferred by contact with Contaminated Food and Water.

**Haemostatic:**

A Herbal Medication that Retards or Stops the Flow of Blood within the Blood Vessels.

**Hemorrhoids:**

A Medical Condition caused by Itching or Painful Masses of Dilated Veins in Swollen Anal Tissues. Also called "Piles".

**Hepatic:**

A Herbal Medication that Acts on the Liver.

**Hepatitis:**

A Medical Condition caused by Inflammation of the Liver caused by Toxic Infectious Agents and is Characterized by Jaundice, Fever, Liver Enlargement and Abdominal Pain.

**Hyperglycemic:**

A Medical Condition that causes the Presence of an Abnormally High Concentrations of Glucose in the Blood.

**Hypoglycemic:**

A Medical Condition that causes the Lowering of the Concentration of Glucose in the Blood.

**Hypnotic:**

A Herbal Medication that causes Sleep.

**Ileitis:**

A Medical Condition that causes Inflammation of the Ileum, which is the Terminal Portion of the Small Intestine.

**Impetigo:**

A Contagious Bacterial Facial, Skin Infection, usually of Children, that is Characterized by the Eruption of Superficial Pustules and the Formation of Thick Yellow Crusts.

**Imposthumes:**

A Collection of Pus or Purulent Matter in any part of the Body.

**Incipient Phthisis:**

A Inflammation in the Lungs that is caused by Tuberculosis.

**Inflamed Breast:**

A Medical Condition that commonly Attacks Females after Childbirth and Frequently Results in a Sore or Inflammation of the Breast.

**Inflamed Tumours:**

A Medical Condition that is the Promotion of Growth of Cancer Tumour Cells in Acutely Inflamed Tissues.

**Influenza:**

An Acute Contagious Viral Infection Characterized by Inflammation of the Respiratory Tract and by Fever, Chills, Muscular Pain, and Prostration. Also called Grippe by the French.

**Intestinal Colic:**

A Severe Abdominal Pain Associated with Malfunction in the Intestines, such as a Blockage or Air Bubble the Patient cannot pass.

**Irritable Bowel Syndrome:**

A Problem that affects the Large Intestine. It can cause Abdominal Cramping, Bloating and a change in Bowel Habits. Some People with the Disorder have Constipation. Some have Diarrhea.

**Irritable Ulcers:**

An Irritable Sore that is usually Small and Superficial and it is most commonly found in Females, usually situated about the Ankle and is sometimes complicated with Varicose Veins.

**Jaundice:**

A Medical Condition that causes a Yellowish Discoloration of the Whites of the Eyes, Skin, and Mucous Membranes caused by Deposition of Bile Salts in these Tissues. It occurs as a Symptom of Various Diseases, such as Hepatitis.

**Leucorrhoea:**

A Medical Condition that causes a White or Yellowish Discharge of Mucous Material from the Vagina, often an indication of Infection.

**Lithontriptic:**

A Herbal Medication that is used for Dissolving or Destroying Stones in the Bladder or Kidneys.

**Narcotic:**

A Herbal Medication that has Addictive Properties that Reduces Pain, Alters Mood and Behavior, and usually induces Sleep or Stupor. Herbal Narcotics are used in Medicine mainly to Control Pain.

**Nausea:**

A Medical Condition that causes Feelings of Sickness in the Stomach characterized by a need to Vomit.

**Nephritis:**

A Medical Condition that causes Acute or Chronic Inflammations of the Kidneys, such as Bright's Disease.

**Neuralgia:**

A Medical Condition that causes Sharp Severe Paroxysmal Pain extending along a Nerve or Group of Nerves

**Ophthalmia:**

A Medical Condition that causes Inflammation of the Eyes, especially of the Conjunctiva.

**Pectoral:**

A Herbal Medication that is useful in Relieving Disorders of the Chest or Respiratory Tract.

**Peptic:**

A Medical Term referring to something that Assists Digestion or something Associated with the Action of Digestive Secretions.

**Phenolic Glycosides:**

It is a Molecule in which a Sugar is bound to a Non-Carbohydrate Moiety. It is an Arbutin found in the Common Bearberry *Arctostaphylos Uva-Ursi*. It has an Urinary Antiseptic Effect.

**Piles:**

Another Medical Term referring to Haemorrhoids.

**Purgative:**

An Herbal Action that tends to Cleanse or Purge ones Body of Toxins, especially causing Evacuation of the Bowels.

**Pyelitis:**

A Medical Condition that causes Acute Inflammation of the Pelvis or the Kidneys, caused by Bacterial Infections.

**Refrigerant:**

A Herbal Medication that is used to Reduce Fevers.

**Roseola:**

A Herbal Condition that causes Rose-Colored Skin Rash, sometimes occurring with Diseases such as Measles, Syphilis, or Scarlet Fever.

**Restorative:**

A Herbal Medication or Other Agent that helps to Restore Health, Strength, or Consciousness.

**Rubefacient:**

A Herbal Substance that Irritates the Skin causing Redness.

**Rutin:**



A Herbal Substance found in the Leaves of the Rue and other Plants, and obtained as a Bitter Yellow Crystalline Substance which yields Quercitin on Decomposition.

**Sternutatory:**

A Herbal Substance that causes Sneezing.

**Stimulant:**

A Herbal Substance or Chemical Agent such as Caffeine, that Temporarily Arouses or Accelerates Physiological or Organic Activity.

**Stomachic:**

A Herbal Medication that Strengthens or Stimulates the Stomach.

**Stomatitis:**

A Medical Condition that Causes Inflammation of the Mucous Lining of any of the Structures in the Mouth, which may involve the Cheeks, Gums, Tongue, Lips, and Roof or Floor of the Mouth.

**Suppuration:**

The Formation or Discharge of Pus.

**Tinnitus:**

A Sound in One Ear or Both Ears, such as Buzzing, Ringing, or Whistling, occurring without an External Stimulus and usually caused by a Specific Condition,

**Tonic:**

A Herbal Medication that Restores or Increases Body Tone.

**Uterotonic:**

A Herbal Medication that Increases the Tone of the Uterine Muscle.

**Vermicide:**

A Herbal Substance or Agent used to Kill Parasitic Intestinal Worms.

**Vermifuge:**

A Herbal Medication or Substance that causes the Evacuation of Intestinal Parasitic Worms.

**Vomiting:**

The Forcible Voluntary or Involuntary Emptying of the Stomach contents back up through the Mouth.

**Vulnerary Herb:**

A Herbal Remedy used in Healing or Treating Wounds.

**Whooping Cough:**

A Highly Contagious Bacterial Disease caused by Bordetella Pertussis. Symptoms are Initially Mild, and then develop into Severe Coughing Fits, which produce the Namesake High-Pitched "Whoop" Sound.

# Herbal Reference Bibliography:

Here is the References I used for doing the Research for this E-Book on Herbs and Herbology:

<http://www.bowlandcentral.com/forum/showthread.php?t=28510>

<http://www.wikipedia.com>

<http://www.thefreedictionary.com>

<http://www.botanical.com>

<http://www.herbs2000.com/herbs/1menu.htm>

<http://www.naturalmedicinalherbs.net/>

<http://www.complete-herbal.com/culpepper/completeherbalindex.htm>

<http://www.ehow.com/ehow-home/>

<http://www.aromamedical.org/>